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# THE PORTUGAL News

Portugal's **National** Newspaper in English

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## Portugal pledges to 'up its efforts' in helping Haiti

Despite pulling together one of its most massive humanitarian aid responses ever, Portugal may soon be digging even deeper into its pockets to boost national efforts in helping Haiti recover from the devastating earthquake that shattered the country last week. (See Page 2 and 3)

## Algarve foreign residents to soar to 200,000

By 2030, foreigners living in the Algarve are predicted to make up more than one third of the regional population, a study by Eurostat has revealed (See page 4)

## Lowly sardine gains respect with 'certificate of quality'

After being awarded the certification of a 'Sustainable Product of Quality' by the Marine Stewardship Council (MSC) during what is the 'International Year for Biodiversity', Portugal's acclaimed sardine is now being heralded as a promising enrichment to the fishing industry, which could bring fresh opportunities to the national sector. (See Page 11)

## Benfica and Braga extend lead

The top two of the Liga Sagres have once again extended their lead as close followers FC Porto only managed a last minute draw against Paços de Ferreira on Saturday. Having been neck and neck since the 12<sup>th</sup> round, Benfica and Braga are now six points clear of FC Porto and twelve ahead of Sporting. (See Page 56)

## Weekend weather

**Lisbon:** The capital will register some rain at the start of the weekend before clearing up on Sunday. Temperatures will be mild, with clear skies predicted for the start of next week. **Faro:** Rain is forecast for Saturday before easing up on Sunday and it will be safe to hang out washing for most of next week, though rain is expected to make a return by the end of the week. **Oporto:** As is the case to the south, it will rain on Saturday before clearing up for a sunny start to the week.

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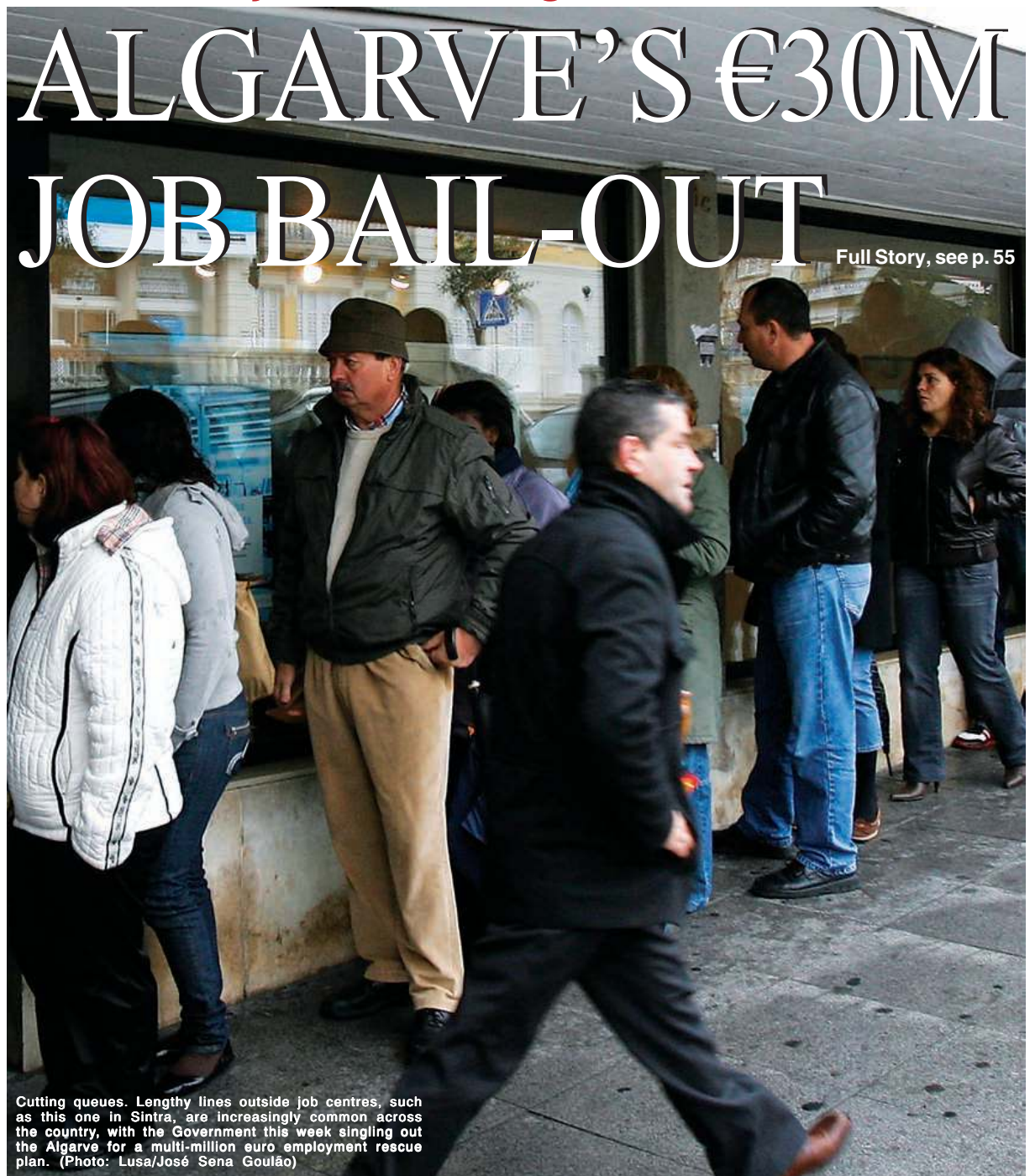
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## Government unveils project to recuperate 20,000 lost jobs in the Algarve



Cutting queues. Lengthy lines outside job centres, such as this one in Sintra, are increasingly common across the country, with the Government this week singling out the Algarve for a multi-million euro employment rescue plan. (Photo: Lusa/José Sena Goulão)



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## Portugal pledges to



Despite pulling together one of its most massive humanitarian aid responses ever, Portugal may soon be digging even deeper into its pockets to boost national efforts in helping Haiti recover from the devastating earthquake that shattered the country last week.



A handout photograph released by the US Navy showing a Haitian man walking past a sign on 19 January 2010 requesting help and supplies in Port-au-Prince, Haiti. Units from all branches of the U.S. military are conducting humanitarian and disaster relief operations as part of Operation Unified Response (Photo: EPA/MC2 Michael C. Barton //U.S.N)

On January 12<sup>th</sup> the world watched in horror as images of Haiti being reduced to rubble following a monstrous 7.0 quake slowly made their way onto TV screens. Latest estimates are that up to 100,000 people died in the catastrophe, which has affected some three million Haitians, leaving thousands of children orphaned and millions of people homeless. Traumatized survivors have to fend for themselves in primitive conditions, wandering amongst the decomposing bodies of those who died, without food, electricity or clean water. Looting, lawlessness and growing chaos means vital aid supplies have to be distributed under military protection; fears are that the situation could reach one of anarchy despite the UN saying the situation is stable. Anger and disease compromise lifelines to a broken country that has been described as a 'hell'.

Portugal was amongst many international countries that immediately pledged their alliance in helping Haiti rebuild what is left of the devastation. Just days after the quake struck Lisbon had reportedly already organised the equivalent of €1 million in aid.

Portuguese Prime Minister José Sócrates sent a letter of condolences to the families of the victims via his Haitian counterpart Jean-Max Bellerive, in which he manifested Portugal's availability to help Haiti.

"In my name and the name of the Portuguese people, I want to transmit my deepest condolences to the families of the victims, and for the mass destruction

caused by the earthquake in your country", it read.

In the immediate aftermath, €70,000 was donated by various Portuguese humanitarian organizations; €20,000 was donated by Lisbon's Patriarch Church, and a C-130 airplane from the Portuguese Air Force carrying a multi-functional team of more than 20 rescue and medical specialists was dispatched.

On top of that, more than €600,000 has since been raised by public donations, collected by various charitable institutions through bank accounts specifically set up for the cause.

But this week State Secretary for Foreign Affairs and Cooperation João Gomes Cravinho said Portugal should soon be increasing its help for Haiti, describing the first batch of aid that was sent to the crushed Caribbean country as "an appropriate immediate response".

Assessments are currently being carried out on the ground by international specialists to establish long term solutions and prioritize imminent requirements.

"At this moment the fundamental thing is to use any resources in the best way possible, because we could throw many millions [of euros] at Haiti without the capacity for that money to be absorbed or used", State Secretary Cravinho explained.

Portugal further urged the European Union to use its aid to earthquake-shattered Haiti to "reconstruct the future" of the country, instead of limiting help to rebuilding infrastructure.

State Secretary Cravinho told reporters he had encouraged his

EU counterparts who met in Brussels earlier this week to consider using "the tragedy" as a platform for both reconstruction and for backing reforms of Haiti's fragile institutions. He also said that he had reminded EU partners of Portugal's own experience of modernizing change following the devastating 1755 earthquake that destroyed Lisbon.

The international community, Gomes Cravinho said, should view "the opportunities opened by the tragic situation" as a chance to "reconstruct the future of the Haitians" beyond simply rebuilding infrastructures.

In the wake of the earthquake Portugal's key charities such as AMI, Caritas and the Portuguese Red Cross, launched campaigns and opened bank accounts.

Bank transfer statements show the Portuguese Red Cross alone has taken more than €250,000 in donations, while the International Medical Association (AMI) has received an estimated €190,000.

By Tuesday church-run Caritas Portuguesa had totalled more than €138,000 in donation transfers, the overall total being boosted by contributions from smaller associations, business and fund-raisers, many promoted by national stars and football clubs such as Sporting.

The Azorean government donated a further €100,000 to AMI as well as offering a ship to guarantee fuel supplies to the aircraft involved in the humanitarian mission which are re-fuelling at the Island of Santa Maria's airport.

National telecommunications company PT in cooperation with mobile phone operator TMN

have created a special support phone line. Each call costs €0.60 and all revenue is donated to Haiti. More than 60,000 calls were taken in the first 48 hours of it being launched.

Meanwhile, national airline TAP offered to play its part in the efforts by transporting humanitarian aid material on one of its commercial flights to Caracas, Venezuela.

Earlier this week a TAP Airbus 330 transported 3.5 tons of "presumably logistical material" to the Venezuelan capital.

"It is with great interest and pride that TAP wants to help the people of Haiti, and offered to make the transportation", said António Monteiro, the airline's spokesperson.

"From there on I assume the Portuguese Government has other means to complete the transportation to Haiti".

The cargo was set to be collected by the Portuguese Air Force's C-130, which departed Portugal on Saturday 16<sup>th</sup>.

The C-130 landed safely at the Toussaint Louverture Airport in Port-au-Prince, Haiti, late last Sunday night after circling for more than one hour before being given permission to land. Having spent more than 30 hours on the aircraft, the 20-strong team of Portuguese aid-workers disembarked to set up a makeshift camp on land belonging to the airport, alongside other international relief teams. One of the team's immediate tasks was to erect a tent encampment to accommodate up to 750 homeless. Other elements of the team included INEM, AMI, fire-brigade



# ‘up its efforts’ in helping Haiti

and forensics specialists.

On Wednesday this week the C-130 travelled to Florida (USA) where it had to wait for the green-light to travel on to Caracas to collect the cargo dropped off by TAP.

At the time the quake tore through Haiti there were 14 Portuguese nationals in the country. Two days after the incident the Portuguese Ministry for Internal Affairs issued a statement saying all 14 Portuguese nationals had been accounted for, were well and no repatriation request had been made.

Amongst the Portuguese living in Haiti when the tragedy occurred was 61-year-old Gilberto Nunes, originally from the Algarve, and his two sons, aged 22 and 24.

Gilberto Nunes, who moved to the island in 1983, described the scenario to Lusa new agency, saying “There was a nauseous smell.

I’d never seen anything like it, not even in movies. There were bodies everywhere”.

For two days following the disaster the family, who lost everything including a car-parts manufacturing plant, lived through a nightmare ordeal after father and sons were separated and had no way of making contact. They were brought together with the help of Spanish aid workers and Embassy staff.

“The buildings began to collapse on top of people. I was shaking. Everything around me started to collapse. People were dying slowly and had no help. To this day I am traumatized and can barely talk about it”, he recounted.

Gilberto and his sons were brought back to Europe on Saturday 16<sup>th</sup>, on a Spanish AECID cooperation flight.

Also amongst the Portuguese relief workers is a 21-year-old

medical student who had been studying at a university in the Dominican Republic, which is adjacent to Haiti on the island that the two countries share. Marta Saraiva was thrown into the midst of the humanitarian aid when she was asked to help out at an improvised camp hospital located on the border of Haiti and the Dominican Republic, four and a half hours from the Dominican capital, Santo Domingo.

“After this experience I am even more determined to be a doctor”, she told Lusa, “It is in scenarios like this that you understand the real importance of this profession”.

While the Dominican Republic remained largely unaffected by the earthquake, which was compared by a British professor to an atomic bomb, tremors were felt there as well as a handful of other Caribbean islands, including Cuba.

Geophysics professor Roger Searle, from the University of Durham, said that the earthquake that destroyed Port-au-Prince, was 35 times more powerful than the atomic bomb dropped on Hiroshima at the end of the II World War. He compared it to an explosion caused by half a millions tons of TNT.

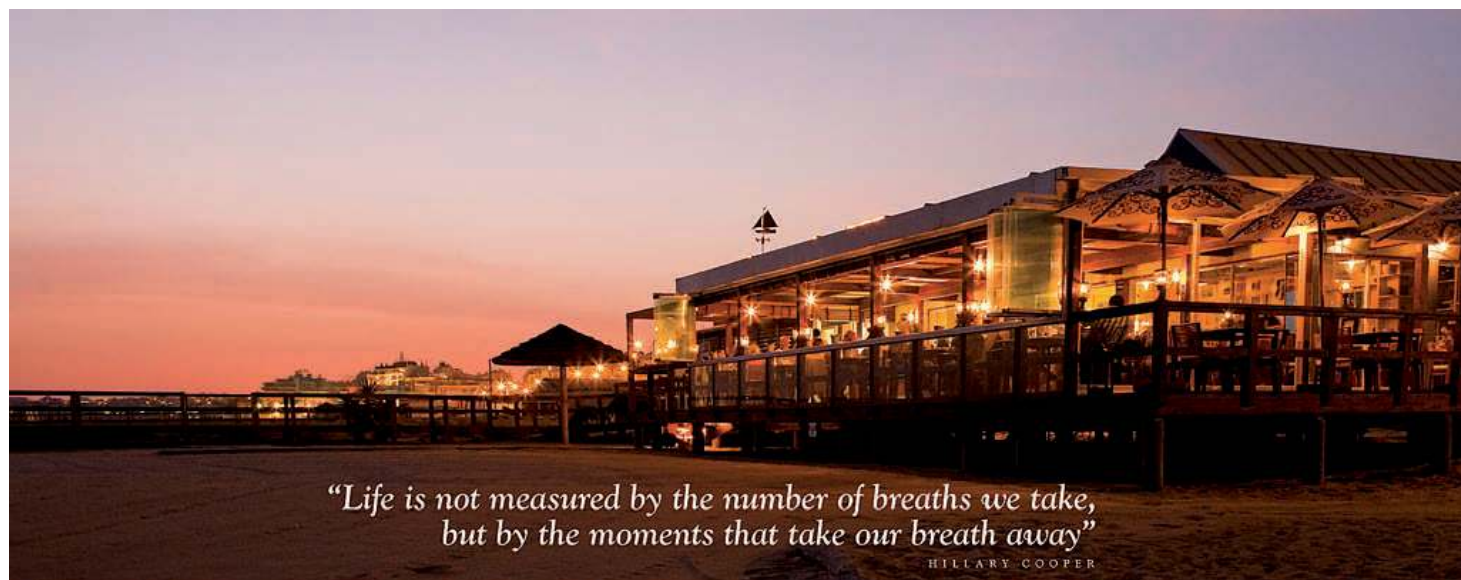
The epicentre was calculated to have occurred just 25 kilometres off the coast of Port-au-Prince, at a depth of 13 kilometres.

## Help Portugal to help Haiti

If you would like to make a donation to help Haiti, for more information and/or instructions, see websites: [www.cruzvermelha.pt](http://www.cruzvermelha.pt) (Red Cross), [www.unicef.pt](http://www.unicef.pt), [www.caritas.pt](http://www.caritas.pt) (Caritas Portuguesa), [www.ami.org.pt](http://www.ami.org.pt), visit an ATM (Automatic Cash dispenser), or call PT/TMN's donation phone line on: 760 206 206. Calls cost €0.60, which will go towards helping Haiti.



A Haitian girl waits for a doctor to examine her from the First Israeli Rescue Search Team in the Sylvio Cator Soccer Stadium in down-town Port au Prince on 20 January. (Photo: EPA/Benjamin J. Meyers)



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## Portugal questions Eurogroup's postponement of ECB appointment



Finance Minister Teixeira dos Santos chats with French Minister for Economy, Finance and Employment Christine Lagarde at the start of a European Finance Ministers meeting in Brussels, on Tuesday. (Photo: EPA/Olivier Hoslet)



Portugal's finance minister has expressed his displeasure over the Eurogroup's decision to postpone until next month the vote on filling the European Central Bank's vice-presidency, a post sought by Lisbon's central banker Vítor Constâncio.

Minister Fernando Teixeira dos Santos, speaking to reporters in Brussels, said the Eurogroup's decision on Monday night was "strange" and caught him by "surprise".

The justification given by the Eurogroup chief, Luxembourg Prime Minister Jean-Claude Juncker, that a "legal ruling" on the method of voting was needed should have been dealt with be-

fore Monday's meeting, Teixeira dos Santos said.

Constâncio is one of three candidates for the ECB vice-presidential post, along with counterparts Yves Mersch of Luxembourg and Peter Praet of Belgium.

The finance minister reaffirmed Lisbon's backing of its long-standing central bank governor.

TPN/Lusa

## Galp shuns allegations of "enormous price differences" between Portuguese and Spanish fuel

Fuel suppliers Galp Energia this week spoke out against the suggestion that there is an "enormous price difference" between fuels that are sold in Portugal and neighbouring Spain, claiming that, prior to taxes being applied, petrol is in fact cheaper in Portuguese stations than it is in their Spanish counterparts.

Controversy regarding fuel prices in Spain and in Portugal was reactivated early this week when a press release from the Portuguese Car Club (ACP) stated that "Once again Portugal was experiencing price fixing" regarding fuel prices.

The letter from the ACP also stated that there is "an enormous difference between prices [in Portugal] when compared to Spain; petrol is 25 cents more expensive per litre, and diesel 13 cents more expensive per litre, in Portugal".

It continued to accuse the Authority for Competition of being "inoperative" and "quitting on its obligations" concerning the fuel market, claiming that that authority ignored the signs of price fixing.

Later on in the week an official Galp Energia representative told Lusa news agency that "when a company adjusts its prices for selling fuel, it is reflecting the rises and falls on the European market from the week before".

For that reason, Galp said "the current prices are perfectly on a par with those of other European countries".

"Petrol in Portugal, before being taxed, is cheaper than in Spain and the price at which diesel is sold is lower than the European average", the Galp source added.

Up-to-date statistics from the General European Board for Energy and Transports, from January 4<sup>th</sup>, indicate that a litre of '95 unleaded petrol in Portugal is the

fifth most costly in Europe-27, at €1.302, after Holland, Denmark, Finland and Germany. Regarding diesel, a litre in Portugal is the 11<sup>th</sup> most expensive in Europe. It is 22 cents more expensive than in neighbouring Spain, where diesel is also 7.5 cents cheaper.

However, untaxed, the petrol scenario is somewhat different with a litre of '95 unleaded petrol in Portugal costing little over 50 cents (€0.5020), whereas in Spain it would cost €0.5097.

## Algarve foreign residents expected to reach 200,000

Attracted to the region by the sunshine, beautiful, fine sandy beaches and better job opportunities, more foreign immigrants are expected to settle in the Algarve over the next 20 years, when the total amount of foreign ex-pats are expected to reach 200,000.

A future demographic chart created by Eurostat has predicted that in 2030 the Algarve will have around 564,000 inhabitants, more than a third of whom will be foreign residents, a quarter of whom will be aged over 65.

With a current population of 443,000 people, Eurostat predicts that the migratory influx to the Algarve will increase by 13.4 percent over the next two decades, placing the region at the third highest in the EU in terms of demographic growth, after Northern Ireland and Murcia, Spain.

The difference between resident Algarveans choosing to leave the region and those incoming over the next 20 years will result in an extra 119,000 foreign residents, many more than the 72,000 ex-pats who currently

live there.

As a result, two decades from now, one in every three Algarve inhabitants will be foreign.

Today, the biggest foreign communities in the Algarve are the Brazilian community (12,000 residents), the British community (10,000 residents) and the Ukrainian community (also 10,000 residents).

Experts predict this order will remain as such in years to come.

As well as the foreign communities there are also an estimated 33,000 Portuguese residents in the Algarve who are originally from other parts of Portugal.

Meanwhile it has been established that current immigrants to Portugal no longer seek the country for job opportunities, as only 26 percent of the 3,800 available openings aimed at immigrants last year were filled.

Contrary to the lack of interest shown by foreign workers in 2009, the year before, when there were more than double the amount of available positions aimed specifically at that sector, all of the 8,500 openings were filled.

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# HIV tests to be available in health centres



Teams in Peniche take part in a social project in which they tour the streets looking for ill people so they can offer preventative measures against HIV. (Photo: Lusa / Mário Caldeira)



Soon, quick-result HIV tests are to be made available from health centres across the country following a successful pilot phase carried out by the National Coordinator for AIDS/HIV.

"It is a real possibility and is already being implemented on the ground, people are being trained", said head coordinator, Henrique Barros.

The objective is to increase and facilitate diagnoses across Portugal. At present tests are carried out in private clinics, specialised centres and hospitals.

It is hoped that by extending the opportunity to carry out HIV tests in health centres people

will feel encouraged to undergo the procedure, as well as promoting health education.

Tests will be carried out voluntarily or on the suggestion of a doctor, excluding the examination of people attending health centres with other complaints or seeking a diagnosis.

"This model must be implemented only with a contract, as we are not talking about just doing tests. Patients will need support before and after the tests",

said Henrique Barros.

He explained that it would imply "dedicated personnel to do just this job as well as determining the number of people who should be tested".

Henrique Barros is also looking to increase the number of mobile units offering HIV tests. Presently the institute has three mobile vans, one in Oporto, a second in Faro, and a third unit that is currently out of service in Lisbon.

## One in five women have HPV, says new study

A first study into the incidence of Human Papillomavirus (HPV) on women in Portugal has discovered that one in five Portuguese women aged between 18 and 64 have the infection, the most common sexually transmitted infection which in many cases goes unnoticed.

The global amount of women infected with HPV, of which there are believed to be more than 200 types, is 19.4 percent of the total female population in Portugal; 14.8 percent of these showed signs of high risk HPV.

The most common symptom of HPV is warts.

This groundbreaking research was carried out by the Cleopatre Study Group, in association with the National Health Institute (INSA).

Made public this week during a press conference held by the Portuguese Gynaecology Society (SPG), other results from the study showed that women between the ages of 20 and 24 were the most affected by HPV, with 28.8 percent of this age group testing positive for the infection.

However, women in the 40 to

49 age group were the second most largely affected, meaning the disease is not restricted solely to the younger generation.

It was further discovered that 36.6 percent of the infected group had more than one type of HPV, which most commonly affects the genital areas, mouth and throat.

Most people who become infected with HPV do not even know they have it and in the majority of cases the body fights off HPV naturally.

The types of HPV that can cause genital warts are not the same as the types that can cause cancer. Certain types of HPV can cause genital warts in males and females. Rarely, these types can also cause warts in the throat, a condition called *Recurrent Respiratory Papillomatosis*, or RRP.

Other HPV types can cause cervical cancer. These types can also cause other, less common but serious cancers, including cancers of the vulva, vagina, penis, anus, and head and neck (such as tongue, tonsils and throat).

There is no way to know which people who get HPV will go on to develop cancer, or other health problems. At present it is esti-

mated some 300 million women around the globe have an HPV-type infection, and despite being within the European average, Portuguese specialists recommended all women up to the age of 45 are vaccinated against the infection.

"This infection can be just as easily low risk as it can be high risk", said gynaecologist Carlos Oliveira, President of the SPG and coordinator of the study.

He concluded "The population must be made aware that HPV can be avoided, but just because a woman is infected with it does not mean she will have abrasions or get cervical cancer".

The study took place between February 2008 and March 2009 and involved 2,326 women, aged between 18 and 64, from 10 investigation centres across Portugal.

As HPV is a highly common disease, it has been estimated that 70 percent of all sexually active people will, at some point, have been exposed to the infection.

Around 90 percent of the women who are infected can be totally cured.

## One in six in EU at risk of poverty

In 2008, 17 percent of the population in the enlarged European Union were at risk of poverty, latest figures published this week by the European Commission have shown.

This percentage means that their income after any tax social transfers was below the poverty

threshold.

Since 2005, the at-risk-of-poverty rate in the EU27 has been

nearly stable, varying between 16 percent and 17 percent.

The highest at-risk-of-poverty rates in 2008 were found in Latvia (26 percent), Romania (23 percent), Bulgaria (21 percent), Greece, Spain and Lithuania (all 20 percent), and the lowest in the Czech Republic (9 percent), the Netherlands and Slovakia (both 11 percent), Denmark, Hungary, Austria, Slovenia and Sweden (all 12 percent).

Portugal was placed slightly above the average poverty rate with a figure of 18 percent.

The EC stressed that it should be noted that the at-risk-of-poverty rate is a relative measure of poverty, and that the poverty threshold varies greatly between Member States. This News Release, based on data from the EU-SILC survey, is issued by Eurostat in connection with the opening of the conference, European Year for Combating Poverty and Social Exclusion, organised by the European Commission and the Spanish Presidency of the EU, and which was set to start this Thursday (21<sup>st</sup> January) in Madrid.

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## Week-long leaves to help ill relatives triple

Short-term work leaves of seven days or less, requested by employees needing to look after sick family members have almost tripled in 2009 in comparison to the year before.

Swine Flu has been highlighted as a possible cause for the increase in people taking time off to look after a sick relative.

The number of people taking sick leave due to their own ill health also increased in 2009, according to data from the Ministry for Labour.

Both circumstances soared at the end of summer last year, when temperatures dropped and a rising number of people sought medical assistance for flu-related illnesses.

Until October last year just over 2,000 sick-leave requests to help a family member were being submitted every month, ac-

cording to Social Security authorities, but in November that number shot up to 4,600 people. It was also in November that the incidence of the A H1N1 flu virus (or Swine Flu) peaked, the month in which health officials gave up carrying out tests to specifically diagnose that strain of flu.

In November 2009, 88,000 people were treated for flu, which decreased significantly in December to 18,000.

Overall, last year, Social Security offices processed almost 29,000 seven-day sick-leave requests, submitted to help a sick family member, almost triple

what was registered the year before, when 11,000 employees were absent from work for seven days or less to look after a relative.

It is believed that the rise in the number of people taking sick leave from work as well as taking leave to help an ill relative is directly related to the incidence of Swine Flu, though official figures cannot guarantee such.

Leave forms that are submitted to Social Security offices in the event of having to help a sick family member, like an offspring, justify the leave as 'undelayable and indispensable', without specifying the causes.



# “Millions” of animals estimated to die on Portuguese roads each year

Investigator António Mira, from Évora University's Biology and Conservation Unit, found that on just one 37-kilometre stretch of road between Montemor and Évora, around 4,500 wild animals had been killed within 12 months, leading to the conclusion that the total number of animals dying on roads across Portugal could be several million every year.

António Mira explained how the MOVE project, which aims to minimise the adverse effects on biodiversity, studied the effects of roads and road barriers on the mortality of terrestrial vertebrates, like amphibians, as well as on reptiles, birds and mammals.

In 2009, during 365 days of observation, 4,499 dead animals were detected on the 37-kilometre stretch, half of which were found on secondary roads that have a movement of less than 3,500 vehicles per day.

“If, within this context 4,500 animals die every year, imagine if we extend that to the rest of the country, taking into account all roads. Millions of animals must die every year, which in my opinion is significant”, said António Mira.

The stretch of road studied corresponds to the main land

connection between Lisbon and the rest of Europe and is crossed by the A6, N4, and runs parallel to the N114.

It is located in a corridor of land that is also, reportedly, where the future high-speed train will run.

MOVE's studies concluded that many domestic cats perish on the roads, mainly because of their hunting instinct, in the pursuit of mice and rabbits along the side of roads.

António Mira said the study found that more male cats died at the beginning of the year as they are more active than female cats, which are generally on heat at that time of year.

Regarding dogs, deaths peaked during the hunting season, when canines used in the activity run loose or disobey their owners.

On some roads throughout Portugal, mainly on the A24 and A7, specially-adapted netting has been applied to prevent animals from passing underneath road barriers.

On the IC27 specific passages have been created for deer and wild boars.

Another objective is to evaluate, for certain species, the proportion of the population that dies to determine the real impact of deadly road incidents on the animal population.



A truck carrying cattle swerved off the motorway in Monte Redondo, Leiria on 30th December resulting in the death of several animals. (Photo: Lusa / Miguel Carvalho)

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# IRS 2009: Expenses

## Nº 1: TAX CREDIT SUMMARY by Dennis Swing Greene

In this series of articles, we examine in depth different areas to show how to substantially reduce the tax that you owe:

- |                       |                 |
|-----------------------|-----------------|
| 1) Tax Credit Summary | 5) Insurances   |
| 2) Medical            | 6) Donations    |
| 3) Education          | 7) Disabilities |
| 4) Housing            |                 |

Most tax breaks come in the form of tax credits. After gross taxable income is reduced by any allowances, gross tax is calculated. The tax owed is then reduced by tax credits. The following table is a summary of expenses qualifying for tax relief in the 2009 tax year:

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### Petrobras denies talks to take stake in Galp

Brazilian oil company Petrobras has denied it is negotiating to buy Eni of Italy's 33.3 percent in Galp Energia, the Portugal based energy company, Lusa News Agency has reported.

In a statement issued last Friday, Petrobras also said it is in talks to create joint ventures with Galp in the European market for exploration and distribution of fuel derivatives.

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Tax Credits	Single	Married
<b>Medical:</b> Immediate Family: 30% of non-reimbursed medical expenses, exempt from IVA or at reduced rate (5%)	unlimited	
<b>Other Relatives</b> 30% of non-reimbursed medical expenses, exempt from IVA or at reduced rate (5%) for dependent relatives earning less than minimum wage.		
<b>Loan Interest</b> to pay medical expenses: 30%		
<b>Other Medical Expenses:</b> 30% of medical bills with 12% or 21% IVA, with doctor's prescription	€64.00	
<b>Nursing Home Charges:</b> (non-cumulative with education expenses) 25% of expenses for dependent relatives earning under the minimum wage	unlimited	
<b>Insurance:</b> 30% of Health Insurance: plus €40.00 per dependent	€84.00	€168.00
25% of Life, Accident premiums and pension contributions	€64.00	€128.00
<b>Education:</b> 30% of expenses for education of family members	€720 (when 3 or more children, tax credit increases by €135 per child)	
<b>Housing:</b> 1) 30% of interest and capital paid on loans for purchase, construction, or improvement of one's principal residence 2) 30% of rent ( <i>Regime do Arrendamento Urbano, Decreto-Lei n.321-B/90</i> ) 3) 30% of lease interest made for principal residential accommodation	€586.00	
<b>Donations:</b> 25% of donation to the State (national, regional or local), increased in certain cases	no limit	
25% of other Donations to recognized charities, increased in certain cases	up to 15% of tax owed ( <i>before tax credits</i> )	
<b>Benefits for the Disabled:</b> Personal Credit for Disabled Disabled dependent; disabled elderly dependents; care expenses 30% of education & rehabilitation expenses for disabled family members 25% of medical insurance for disabled family members 25% of Life, Accident premiums & pension contributions for disabled	>60%: €1,800 / >90%: €3,600 €675 unlimited unlimited up to 15% of tax owed	
<b>Other:</b> 30% of renewable energy equipment	€796	
50% of the cost of new computer equipment and software when a household member is registered in a recognised national school	€250	

#### TAX CREDITS FOR APPROVED SAVINGS SCHEMES:

	Age (Years)	Investment in order to obtain the maximum tax benefit (per person)	Maximum Tax Deduction (per person)
<b>PPR*</b>	< 35	€ 2 000	€ 400
	35 - 50	€ 1 750	€ 350
	> 50	€ 1 500	€ 300

Nature of Credit	Upper Limit:	
	SINGLE	MARRIED
Public Capitalisation Accounts	€350	€700

Contributions to supplementary pension funds are also similarly eligible.

PERSONAL AND FAMILY CREDITS	Amount
Credit for each...	
Single	€247.50
Single with Dependents	€360.00
Couples	€495.00
Each Dependent Child - earning less than the minimum wage: €403.00/month	€180.00
Each Dependent Child under 3 years old on 31 Dec.	€360.00
Elderly Dependents - with income not exceeding minimum S. S. Pension	€382.50 (€247.50 each if more than one)

From this overview summary, we will examine in detail over the coming weeks each area of benefits and the precise conditions allowing you to take advantage of these tax credits.

#### Next: Tax Credits for Medical Expenses

Dennis Swing Greene is Chairman of the Board and International Fiscal Consultant for **euroFINESCO s.a.**. Private consultations can be scheduled in Guia (Albufeira) 289561333, Lisbon (Chiado) 21342421 and in Funchal (Sé), Madeira 291221095, by e-mail at [info@eurofinesco.com](mailto:info@eurofinesco.com) or on the internet at [www.eurofinesco.com](http://www.eurofinesco.com).



# Planned bullet train network seen as big boost to tourism sector



Portugal's planned bullet train system could generate nearly 4,000 new tourism jobs and add some €57 million to the sector's revenues in 2015, the year of the system's scheduled completion, according to a study.

The study by consultant Deloitte, which was to be publicly presented last Thursday, also estimated that by 2030 the bullet train network could produce more than 36,000 jobs and boost tourism revenues by €553 million annually.

The high-speed Lisbon-Madrid rail link is expected to be completed in 2013, with the Lisbon-Oporto and Oporto-Vigo lines coming into operation in 2015. The network is expected to cost about €8.9 billion.

TPN/Lusa

**Photo right: Prime Minister José Sócrates making a speech at the launch of the public bid for the infrastructure concession of the Poceirão to Évora high speed rail line. (Photo: Lusa / Nuno Veiga)**



## Portugal tops for ATMs

According to statistics released this week, Portugal is the country with the highest density of automatic teller machines (ATMs) in Western Europe and also the second highest placed in the region in terms of density per inhabitant, with 1,360 machines for every one million inhabitants.

According to multinational company Talaris, which is the biggest supplier of electronic banking equipment in the country, "Portugal is internationally recognised as one of the most demand-

ing markets in the 'self-service' sector", adding: "The country also 'boasts equipment which offers the most functions in Western Europe and also has the most technologically advanced characteristics'".

In 2007, cash withdrawals represented 43 percent of all transactions at the 14,473 ATMs found in Portugal, a report by Retail Banking Research illustrated.

Talaris represents around 70 percent of the national market and was created 20 years ago by

Papelaco, though after most of its shares were purchased by the Carlyle Group in 2008, its name changed to Talaris.

## Cimpor share buy-out denied

Camargo Correa, the Brazilian concrete conglomerate, has denied on reports it has reached agreement to buy French cement group Lafarge's seven percent shareholding in Portuguese cement group Cimpor.

In a statement to the CMVM Lisbon stock exchange regulator, Camargo said it has no accord with Lafarge or any other interest to acquire their shareholding in Cimpor.

Camargo last week announced proposals to merge with Cimpor through taking a minority stake in the firm to keep it Portugal based and listed on the Lisbon bourse.

Camargo's proposals were in response to a €3.86 billion acquisition bid on Cimpor by Brazilian steel manufacturer CSN – rejected last week by the Portuguese company.

TPN/Lusa

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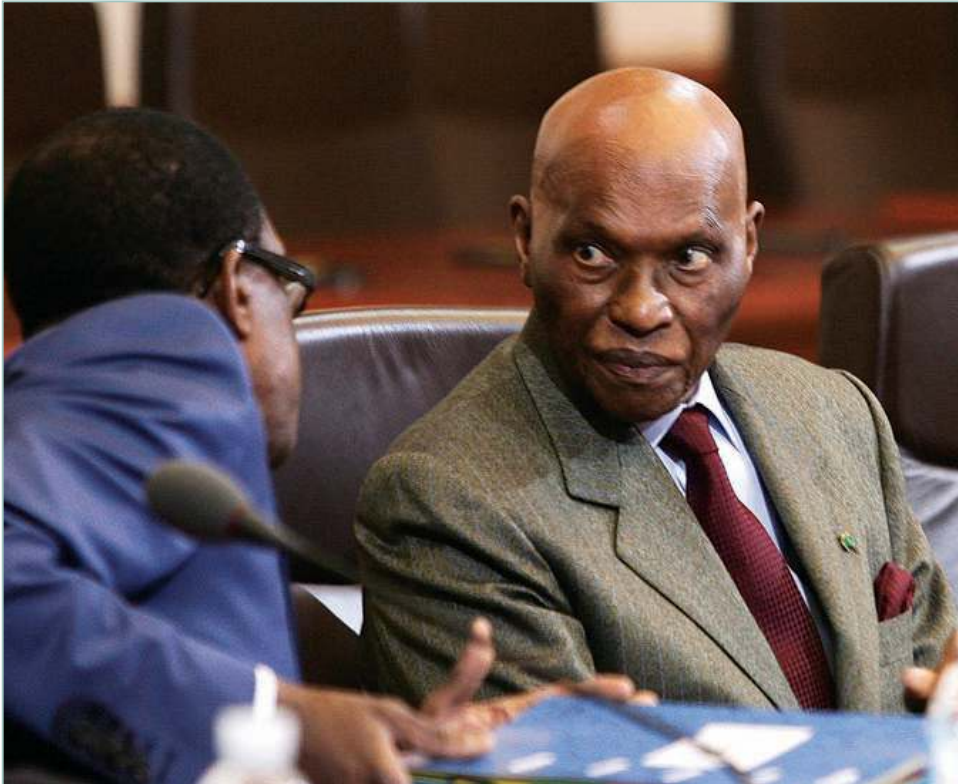
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# Senegal and Haiti

Is it megalomania or just a political stunt? Senegal's President Abdoulaye Wade may not even know the answer himself, but his offer to let quake-stricken Haitians resettle in his West African country certainly qualifies as the most flamboyant response to the tragedy in Haiti.



Senegal President Abdoulaye Wade during a meeting with South Korean President Lee Myung-Bak at the Presidential House in Seoul, South Korea last November. (Photo: EPA/Chung Sung-Jun Pool)

"The repeated calamities that befall Haiti prompt me to propose a radical solution: to take measures to create, somewhere in Africa, the conditions for Haitians to return," the 83-year-old Senegalese president said on Saturday. "They did not choose to go to that island. It is our duty to recognise their right to come back to the land of their ancestors."

Well, some of their ancestors, anyway. The slave populations of all the Caribbean islands were deliberately drawn from different parts of the west African coast, so that they would speak a variety of languages and find it harder to rebel. But the vocabulary of Haitian Creole suggests that there were many Wolof-speakers (the most widely used indigenous language in Senegal) among the slaves of Haiti.

Educated Haitians also speak French, of course, as do educated Senegalese, so it's not as though Turkey or Sri Lanka were to offer a new home to Haitians. But it is nevertheless mighty peculiar: just where does Abdoulaye Wade propose to put them all?

He does sound serious about his offer, and he says that large numbers would be welcome. His spokesman, Mamadou Bemba Ndiaye, explained that "The president is offering voluntary repatriation to any Haitian that wants to return to their origin. If it's just a few individuals, then we will likely offer them housing or small pieces of land. If they come en masse we are ready to give them a region."

Now, it's true that 90 percent of Haitians would leap at the chance to leave their country, the poorest in all the Americas, but the destination they have in mind is Miami or Montreal. Senegal is one of the best-run and most democratic countries of Africa (though both qualities have been badly damaged during the ten-year rule of Abdoulaye Wade), but it does not feature prominently on Haitian wish-lists.

It is also true that most Senegalese feel that their country is quite full enough without a large influx of Haitians. There are fourteen million people in Senegal, and the population is still growing fast. There are ten million people in Haiti, and its population is growing fast too. Moving a million Haitians to Senegal would relieve the intolerable pressure on Haiti's badly degraded land for less than a decade – and it would cause chaos in Senegal.

"If they come en masse we are ready to give them a region," said the president's spokesman, adding that it would be in a fertile part of the country rather than in its parched deserts. But there is no fertile region of Senegal that is not already fully populated by people whose families have lived there for many generations. Where is the president planning to put them?

So yes, it is a stunt, not a real offer, and what gives the game

away is the fact that Senegal is offering "voluntary repatriation" to Haitians, not assisted passage. They are welcome to come to Senegal if they can find the money for the airline tickets – but how many Haitians can do that?

Abdoulaye Wade is big on stunts and dramatic gestures. His last one, now nearing completion, is an enormous bronze statue overlooking the capital, Dakar, that is higher than the Statue of Liberty in New York harbour. It is called the African Renaissance Monument, but it is being built by North Koreans. It actually looks like one of those Socialist Realist groupings of statuary, all windswept hair and eyes fixed confidently on the future, that littered the old Soviet Union. Only bigger.

Maybe he should build one overlooking Port-au-Prince too. It would be about as much use to Haitians as his offer of new homes for them in Senegal. Abdoulaye Wade is showing more and more signs of the "Big Man" syndrome that has wrecked so many African countries that once had quite functional governments. From Sudan to Zimbabwe and from Sierra Leone to Somalia, we have watched them fall into tyranny and chaos. Senegal may be next.

And what of Haiti? As hard as you might look for signs of hope amid the ruins, you will not find any. The earthquake is a dramatic interlude of natural disaster in a long history of tragedy whose sources were mostly human. What has devastated Haiti is politics, much of it imposed from outside by foreign governments: the French in the 19th century, the United States in the 20th and 21st. No honest and competent Haitian government has ever survived more than a couple of years.

The denuded land, the runaway population growth, the unskilled and illiterate population, the universal corruption: all these are due to failures of policy, not to some fundamental flaw in the character of Haitian people. But by now there have been generations of despair and neglect, and it is getting harder and harder to see how Haitians might turn it all around. No wonder most of them want to leave. But most of them never will.



Gwynne Dyer is a London based independent journalist whose articles are published in 45 countries.

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# Lowly sardine gains respect with 'certificate of quality'



After being awarded the certification of a 'Sustainable Product of Quality' by the Marine Stewardship Council (MSC) during what is 'International Year for Biodiversity', Portugal's acclaimed sardine is now being heralded as a promising enrichment to the fishing industry, which could bring fresh opportunities to the national sector.

Portuguese Minister for Agriculture and Fisheries António Serrano last week declared that the certification attributed to the sardine would bring added value to Portugal's fishing industry.

"A sardine with a certificate will see its chain value greatly improved and the market will also notice a difference", said António Serrano. He added that, thanks to the certification, "the consumer is privileged and fishermen will have the possibility to increase their income because they are selling a product of better quality to the market".

Minister Serrano believes that Portugal's sardine is "an example to be followed in many areas".

The 'Sustainable Product of Quality' certification given by the MSC acknowledges concerns in guaranteeing the sustainability of resources and

the efforts made to preserve marine species, particularly the compliance with capture limits imposed on the industry.

"Resources are limited and must be managed in a very efficient and sustainable manner", Minister Serrano stressed.

Sardines captured off the Portuguese coast were the first species within the EU and on the Iberian Peninsula to be awarded the MSC's 'Blue Label' certificate of sustainability and quality.

It was the 60th species of fish in the world to receive the certification despite 160 certification requests. Altogether the MSC-certified fish represents 6,500 tons of captured fish, or 10 percent of the world's global production.

Certification for the Portuguese sardine was requested by the National Association for



Sardines galore in Olhão (Photo: The Portugal News)

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Fishery and the National Association for Fish Conservation Industries.

The MSC is a non-profitable international organisation responsible for the only fish-certification programme in the world.

Rupert Howes, executive director of the MSC, explained "This certification means that the fishing of sardines has been submitted to rigorous evaluation by scientists who validated compliance with the certification's main principals: sustainability of resources, effective management and the quality of the fish".

"There are more and more parties interested in certifying their

products as the certification makes them appealing to new markets and incurs bigger financial earnings", he added.

Portugal's latest accolade acknowledges more than 100 fishing vessels and 11 of the country's 14 food preparation industries, which will now be able to market their sardine products with the certification label on the packaging.

Sardines represent 40 percent of all fish captured by the Portuguese vessels and weighed in at 60,000 tons in 2008. A third of the catch is channelled into the food preparation industry which exports more than 50 percent of its products, one of the most fa-

mous arguably being sardine pâté.

Over recent years in Portugal the sardine has gained new-found popularity, particularly in the Algarve, where it was once responsible for a significant part of the region's economy. An annual sardine festival organized by Portimão Town Hall regularly features alongside other prominent summer events that each year attract hundreds of thousands of visitors.

Known as the 'Cathedral of the Sardine', Portimão city hosted its first 'Sardine Festival' in 1985, a summer event which over the past few years has seen tens of thousands of people flock to, to try the traditional delicacy.

Portimão's famous 'Sardine Festival' paused between 1990, when 40,000 visitors ate at the riverside setting, and 2001, when it made an extraordinary comeback to a new location, by the city's trade fair and exhibition area.

In 2008 the festival returned to its riverside setting and achieved a record-breaking number of visitors, with some 80,000 people paying a visit to the week-long event.

Last year significantly less people visited the festival, with 66,225 visitors having enjoyed the simply grilled sardine, typically served with boiled potatoes, salad and lots of wine.

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# Algarvean cork makes it in New York



Cork is a major Algarve export and is now being internationally recognized and used for several purposes. Pictured is Emanuel Sanches, director of the Museu do Traje in São Brás de Alportel, and the proposer for a tourist route in São Brás de Alportel that shows the course cork takes during production. Photo: Luis Forra/LUSA



Several Algarvean cork designer items will be exhibited and for sale at New York's Museum of Modern Art as of May this year, announced the owner of the Portuguese company Pelcor this week.

Luxurious designer products manufactured from cork oak bark, such as umbrellas, cosmetic bags, wristwatches, aprons, shopping bags, coin purses, wallets, are just some of the environmentally friendly products which will be displayed at the 'MoMA [Museum of Modern Art] Design Store: Destination Portugal'.

"It is going to be the first large Pelcor stand in the USA in what must be one of the most visited museums in the world" said Sandra Correia, owner of Pelcor, the only Algarvean cork manufacturing company, which is located in São Brás de Alportel.

The cork products will also be for sale in the museum's souvenir shop, said Sandra Correia, adding that this inclusion in the MoMA will represent a ten percent increase in business.

The businesswoman, during an interview with Portuguese news agency Lusa, stated that the exact dates for the inauguration have not yet been set but it will be a memorable event and will count on the presence of Portuguese entities and American diplomats, as well as North American press.

The Correia family cork business began in 1935, in the central Algarve, under Sandra's grandfather's management. It

began producing heels for shoes, fishing rods and corks for champagne and wine bottles. Now, 75 years later, the company continues to produce corks for the most refined champagnes in the world but, to make it an international empire, it began manufacturing fashion related products, which have proven to be a great success.

So much so that a Saudi Arabian princess, Jawaher, recently bought 110 kilos of Algarvean cork, transformed into individual table-mats, for her palace in Riyadh, propelling the Portuguese business into the Arab world as well as the Western world.

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## Bad weather wrecks crops



The terrible weather that caused chaos across the Algarve during the month of December could have caused losses of around €15 million in the citrus industry alone, indicates a recent loss study made by local producers.

At the beginning of January, loss figures seemed to be around

the €10 million mark, but updated data shows that they could exceed €15 million, said Eduardo Ângelo, from the Algarve's Fruit and Vegetable Producers Union (Uniprofrutal). "Damage could have affected around 40% of production" he stated, adding that it is not easy to make a precise prediction as the tempestuous weather affected practically every farm in the region.

Added to these losses are the greenhouses that were destroyed, as well as storage areas of farms, which represents over €2 million in damages.

Speaking of the financial aid to between 50%-75% of farmers whose crops have been destroyed by the bad weather, Eduardo Ângelo reminded that these incentives do not take into consideration future production "It is a helping hand for the farmers' necessities" but it is only to reset the farms' production potential, "The only guarantees for

the producers are credit lines supplied by the Government, but we fear that some farmers don't have the financial resources to negotiate with banks" he said.

The major losses were regis-

tered in areas where there were hail storms, such as Faro, Olhão and Tavira, although many other areas were seriously affected due to the persistent rainfall and strong winds.

The final estimated losses should be complete by the end of this weekend, when all producers in the region deliver a report of their losses.

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# Loulé prepares for thriving Carnival



The city of Loulé will once again be the centre stage for glorious Carnival celebrations on 14<sup>th</sup>, 15<sup>th</sup> and 16<sup>th</sup> of February. Being one of the largest and oldest Carnival parades in the country, the parade has a different theme each year, this year's being 'The World of ShowBusiness'.



A float in Loulé's Carnival of 2009. (Photo supplied by Loulé Council)

Thousands of revellers will meet at the José Costa Mealha Avenue between 3pm and 6pm to watch the parade of fifteen allegoric floats, entertainment groups, samba schools and giant puppets to share in the general feeling of joy.

Themes related to traditional Fado, Illusionism, Ballet, Samba or Flamenco will provide an array of colours to the floats and outfits. The artists' creativity and originality will contribute towards the colourful celebrations. As always, political, social and sport satire will keep the crowds entertained.

Having taken place every



An example of costumes used during the Carnival celebrations on the streets of Loulé. (Photo supplied by Loulé Council)

## Police arrest man trying to strangle wife

Portimão's PSP arrested a man on Sunday after catching him red-handed attempting to strangle his wife.

Police officers arrived at the scene whilst the man had his hands around his wife's throat and immediately intervened. Whilst trying to separate the couple, one of the police officers was also assaulted by the enraged man and taken to hospital requiring medical attention.

The PSP also stated that a further six people were arrested over the weekend for several petty crimes in Portimão.

Two people were arrested for driving without a driving licence, one for stealing diesel from heavy vehicles, one for a crime against public authority and another for verbally assaulting a police officer.

## Two workers injured in Tavira Gran-Plaza

A short circuit followed by an explosion seriously injured two electricians working on an electricity panel in the Tavira Gran-Plaza shopping centre on Friday, January 15<sup>th</sup>.

An Emergency Medical team was sent to the recently opened Tavira Gran-Plaza shopping centre at around 4pm on Friday 15<sup>th</sup> January after a circuit board exploded and injured both men working on it. Both electricians, aged 41 and 66, suffered serious burns, as the fire resulting from the explosion came into direct contact with them, and were immediately taken to Faro Hospital. They were later transferred to another hospital in the country specialising in burns.

The older worker was the worst injured as the explosion struck him directly in the face, causing third degree burns to his face, lips, tongue and nose, according

to a source from the INEM (Emergency Medical Services). His prognosis still remains reserved. The other worker suffered second degree burns and is in a more stable condition.

A spokesperson for the shopping centre explained that the cause of the accident has yet to be determined and an investigation is taking place. He also added that both technicians were carrying out regular maintenance work and, as the accident occurred in a restricted area, the shopping centre remained open for the remainder of the day because it was considered there was no risk for the clients or the people working at the shopping centre.

year for the last 104 years, the Loulé Carnival is an event not to be missed as it is the re-

gion's, and maybe the country's, biggest attraction during the low season, attracting

thousands of revellers for three days of constant partying. Entry to the event costs €2.

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The Escola Sagres ship, which set sail on Tuesday for a round the world voyage, expected to last eleven months. (Photo: José Sena Goulão/LUSA)

## American School undergoes campus expansion



The long-awaited Carlucci American International School of Lisbon (CAISL) held a groundbreaking ceremony to mark the start of construction on Phase II of the Campus Completion Project.

Beneath a sprawling tent, CAISL marked the occasion with a performance by CAISL's popular Samba Band, a rendition of *Ready to Go* by CAISL students, and speeches by long-time CAISL friends and supporters, including Sintra Mayor, Dr. Fernando Seara. Afterwards everyone stepped outside and onto the construction site, for the actual breaking of ground. Eleven designated 'ground-breakers', including CAISL's youngest student, oldest alumni and other student and community representatives, donned hardhats and dug shovels into the dirt as CAISL Di-

rector, Blannie Curtis declared the official start of construction.

The new facilities will complement the current purpose-built school buildings, and are to include: a new Gymnasium and Locker Rooms, Fine Arts Theater and Music Rooms, Cafeteria, Snackbar, Soccer Fields, Basketball Courts and more. Once completed, the expanded facilities will better serve CAISL's 500 students, aged 3-18. More information on CAISL's construction project is available at <http://www.caislisbon.org/about.cfm?subpage=1826>.

## Question marks over gay couples at Santo António weddings



Lisbon Council has corrected its previous press release which informed gay couples they could register for a 'Santo António wedding', a ceremony that seeks to promote marriages in the capital and which also provides struggling couples with complete financial support for an official wedding.

"So that there are no misunderstandings, there will be no alterations to the current model of Santo António weddings without the consent of the Church" reads a statement from Lisbon Council, adding that "Lisbon Mayor's intention was not to propose any alterations to the current model of the Church with the implementation of the new law that allows civil partnership between people of the same sex."

The statement released by the Council also says that António Costa, Lisbon Mayor, "corrects the information previously released by the Press Office",

which stated that interested homosexual couples could apply for the five available places the council provides for civil partnerships, even though the law allowing civil partnerships between people of the same sex has not yet come into force, but will most likely be by the time the Santo António weddings take place, in June.

"It is clear that what the Lisbon Mayor meant was, without prejudice to any type of 'family', it is necessary to respect the religious beliefs associated to Santo António, a saint of the Catholic Church and Roman Apostolic" says the Council.

## Navy's tall-masted Sagres departs on first round-the-world voyage in 26 years



The Portuguese Navy's tall-masted ship Sagres set sail on Tuesday on its first round-the-world voyage in 26 years with a mission to train cadets and project the country's image abroad.

With a crew of 203, including 63 cadets, the Sagres will visit about 18 countries during the 11-month voyage, taking part in special events in many nations, such as Brazil, the United States, China and Japan. The Sagres last circumnavigated the globe in 1983-84 in its second such voyage.

During a reception aboard the ship on Monday in Lisbon, Defence Minister Augusto Santos Silva said the Sagres was one of Portugal's "principal instruments" to underline its "singular place" in history as a nation capable of "dialogue with all civilizations and all cultures".

TPN/Lusa

## Dog mauling case in court



The owner of four Rottweiler dogs, which are suspected of having killed a woman in Várzea, Sintra, denied in court this week that his animals attacked the woman, consequently killing her, in 2007.

On March 21<sup>st</sup> 2007, Vira Chudenko, a 59 year old Ukrainian woman married to a Portuguese man, was walking to her work around 7am when she was allegedly attacked by four dogs considered to be a dangerous species, consequently dying from her wounds.

At the courthouse in Sintra on Tuesday, the owner of the four dogs, which were put down the following day by order of the Public Prosecutors Office, said he was sorry for what had occurred but denied his animals were involved in the attack. "The dogs were very gentle" said Orlando Duarte, accused by the Public Prosecutors Office of negligent homicide and several other offences including lack of licenses and insurance for his dogs.

The accused explained to the

Court that his dogs had escaped through a hole in his fence the night before the death of the woman.

The widowed husband and three more witnesses were called to the stand. Alina Gomes, the first person to arrive at the scene, said: "It seemed like a horror movie. The first image that comes to my mind is the dogs with their snouts buried in the body competing with each other. They were eating the woman."

She called the fire fighters and police and accuses them of taking too long to arrive: "The fire fighters got there and had to wait for the police to arrive to scare away the dogs. The police took forty minutes to arrive" said the witness, adding that the dogs "only moved away due to the noise of the gunshots fired by the police."

The trial continues.

## Death at Montijo Air Force Base



A Portuguese Air Force fire fighting vehicle was involved in an accident at the Montijo Base on Monday, causing one death and three serious injuries.

According to a source from INEM (Emergency Medical Services), their services were called for at 13h24 on Monday afternoon after a fire fighting vehicle rolled and seriously injured

four of its occupants, all of them being trapped inside the vehicle after the accident. One of the injured died, whilst the other three seriously injured, two of them being women, were taken to hos-

pitals in Lisbon by helicopter.

The most seriously injured, a 28 year old man, who suffered severe head injuries, was intubated and put on a ventilator at the scene, and was taken by helicopter to the Santa Maria Hospital.

The two injured were women, aged 21 and 26, and were checked into the São José Hospital, the latter suffering serious facial injuries, a suspected broken leg and abdominal trauma.

The Air Force were reluctant to give any details of the accident, merely disclosing that one person had died and three were left seriously injured after a fire fighting vehicle was involved in an accident.

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## Lisbon in running for 'World Book Capital'



Portugal's capital city Lisbon has been selected as a candidate for the 'World Book Capital' in 2013, an accolade created by UNESCO (United Nations Educational, Scientific and Cultural Organisation) to reward the promotion of books and literature.

Portugal's running for the award was confirmed on Monday by the Portuguese UNESCO ambassador, in Paris.

"Lisbon took on the challenge to compete for the title after the idea was well received by Lisbon Town Hall (CML) and by the Portuguese Association for Editors and Book Sellers (APEL)", said Manuel Maria Carrilho, UNESCO's Portuguese representative and

former Minister of Culture.

Manuel Maria Carrilho explained that Lisbon's participation in the project was decided after a series of recent meetings with Lisbon Mayor, António Costa, and Paulo Teixeira Pinto, current head of APEL.

The candidature entails the creation of an extensive activity programme for 2013, promoting books and reading.

The 'World Book Capital' initiative was originally launched

by UNESCO in 2001, with Madrid taking the title that year, followed by Alexandria (Egypt) and New Delhi (India).

In subsequent years, following more international entries, other international cities to scoop the title were: Antwerp (Belgium), Montreal (Canada), Turin (Italy), Bogotá (Colombia), Amsterdam (Holland), Beirut (Lebanon), Ljubljana (Slovenia) and Buenos Aires (Argentina).



## An opportunity to train in coaching

Drs. Jan Russell Dexter and Graham Dexter teach coaching to Masters level at the University of Hull, and are authors of 'An Introduction to Coaching', Sage, 2010. They specialise in coaching people through health and life transition, and are recognised members of the Association for Coaching.

They are offering a two day training course in coaching in the Lagos area, which can lead to a Certificate in Coaching qualification as part of a module based course. It is aimed at people who use communication and influence as part of their working life, or who want to qualify in coaching.

The first day is entitled: **Get Things Moving: motivating for High Performance**. When individuals or teams are not working to full capacity, the issue is rarely about competence, rather about motivation. Understanding motivation and learning simple and effective ways to motivate enables you to reach optimum performance in all areas, and is central to the power of coaching.

The second day is about: **The Power of Language for Change**. This day gives an overview of the principles of NLP, a key method of working in coaching, and equips you with a series of language based interventions to make you more efficient and more able to influence where you want to. NLP is fast and fun, and provides an empowering window through which to see the world.

The cost is €70 per day (delegates can opt for one or both days). They believe this represents outstanding value for a professional training course of this quality and level. To find out more, contact Jan Russell at: janiceinsight@gmail.com or ring 937305585.

As Debra Jinks, a former course student, said, "You know, I just wanted to thank you both for helping me elevate myself both professionally and personally. You really have both been inspirational and helped me to take massive leaps forward. So thank you both."

## Phoenix Nites

At Restaurant Monte Carveiro on 29th January, 7 for 7.30pm. Nostalgic Musical Dinner. Listen to the beautiful voice of local artist Rosina Lardi singing musical and film medleys accompanied by well known

musician Michel Assis. For choice of menu and tickets please contact 282 332 665 or 282 445 902. €15pp including wine - entry by ticket only. All proceeds will be donated to Castelo de Sonhos.

## Grace for Guinea-Bissau the world's poorest nation



The donated land on which the school will be built.

Riverside International Church in Carcavelos, just outside Lisbon, has put together a team of nine volunteers to go and provide significant help to the 'least of the least' in Guinea-Bissau, considered by the United Nations to be the country with the lowest per capita income in the world. They are going to assist Orei and Isabel Quemol, a courageous missionary couple who have given their lives to serve the needy people of this tiny poverty and disease-stricken west African nation.

When the local government of Bissau, the capital, gave the Quemol's a large piece of land to build a school for 600 children in the town of Biambe they were both excited and disappointed. Excited because they believe education is the key to the survival of the next generation. Education will break the cycle of poverty, as it will help protect the children from HIV - AIDS in the long run. Disappointed because they lack the funds and know-how to build the school.

That's when the Church in Portugal stepped in. From 12th to 25th February 2010 a team of

nine volunteers will be travelling to Guinea-Bissau at their own expense to go and help build the school. Besides this, the Church hosted several events in 2009 where close to €6,000 was raised for the school. This money goes a long way in a country where most people live on less than €50.00 a month!

This very active Church ([www.riversideintchurch.com](http://www.riversideintchurch.com)) also hosted a Hoops of Hope event where people shot basketball's into a hoop and donated euros for every basket. They took up offerings. Over Christmas their 'Angel Tree Project' raised over €1,500. Every angel on their tree had an envelope attached with a monetary donation. They closed their campaign for Guinea off with a New Year's Eve Party called 'Grace for Guinea.'

Besides the money this community has also managed to collect several tons of clothes, school materials, items of basic need and medication. They do have a problem however: a container from Lisbon to Guinea-Bissau will cost €1,800. Because they do not want to deviate the funds desig-



Education is the key to their survival.



Isabel holding a chicken with one of the children.

nated for the school building they appeal for help from generous benefactors. If anyone wants to help by either going with them to Guinea to physically help, or by donating funds towards the container they can do so by transferring the funds to the Church account at Banco Espírito Santo, IBAN nº PT50 0007 0038 0002 8720 0057 9 and SWIFT CODE: BESCPTPL. Please let the Church know of the donation so

that a tax-deductible receipt may be issued. For a receipt write to: eddiefernandes@mail.telepac.pt.

It would be a great shame for all this material so sacrificially given and gathered not to make it to those who most need it. Together we can make a difference in our world. Pastor Eddie's appeal is "will you partner with us so that together we may change our world?"

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## Old Time Musical Evening

A fun evening of song, mirth and drama

Due to popular demand, and for one night only the Angels Theatre Group will be staging their Old Time Musical Evening at The Hotel Garbe, Armacao de Pera. The Angels Theatre Group entertain for good causes, and this time the beneficiary will be Castelo de Sonhos.

The Old Time Musical Evening will take place on Saturday March 20th and the price of €28 includes show, full buffet meal and wine.

Tickets will be on sale shortly and there are limited spaces available. All previous performances were sold out well in advance, so to avoid disappointment purchase your tickets as soon as possible.

Tickets will be available from The Hotel Garbe, Joro Lda, Almancil, or phone Dave or Celia Mossman on 282 332665. For general information see the web site: <http://www.angels theatre group.com/>.

Audience participation is very important for this type of evening, so everyone attending is

encouraged to dress up in something appropriate. Not as difficult as it sounds - think of the old T.V. programme The Good Old Days for inspiration.

As an incentive, anyone who dresses up will receive a free raffle ticket for a separate draw.

Ladies - a plain skirt and pretty blouse will look good - add an elasticated belt, feather boa or shawl or maybe trim a hat.

Men - always a little more difficult, but how about a waistcoat and bow tie. Hats could be a flat cap or top hat. Alternatively what about a blazer and boater.

These accessories can be sourced at charity shops, Chinese shops, or even the large supermarkets during February (the carnival season). The charity shop in Silves which benefits Castelo de Sonhos (Rua Francisco Pablos, no. 13) have been putting suitable items to one side - so pay them a visit also.

This promises to be a popular fun evening - so start to get organized now.



Fun for all at a previous Old Time Musical Evening.

## WRVS Social Tea

To help shake off those winter chills, the WRVS are heading for the sunshine on Tuesday, 26th January at 3pm in the British Retirement Residence, Quinta da Fonte, S. Pedro do Estoril! They will listen to all the favourite songs in the famous film of the fabulous musical 'South Pacific'. As it's almost impossible to resist singing along to these wonderful songs, they

will have large-print sheets with all the lyrics.

Their talk will be followed by delicious home-made cakes, sandwiches and tea. The minimum donation for the WRVS charity is €1. Everyone is most welcome and you are invited to bring a friend.

For more information, please call Pam at Quinta da Fonte on: 214 688 694



## RBL Lisbon Dinner

The Royal British Legion Lisbon sub-Branch held a social dinner on Saturday last at the Officers' Mess in Cascais. There were over 40 diners present and the Guest of Honour was HM Ambassador Mr Alex Ellis who is the Honorary President of the Portugal Branch. Mr Ellis paid tribute to the RBL mentioning that the UK's leading charity provides financial, social and emotional support to millions of serving and ex-service men and women and their dependents worldwide. He also congratulated the Portugal Branch, whose membership of over 300 is more than double that of 10 years ago, on having collected a record sum for the last Poppy Appeal of almost €40,000 and went on to announce the launch of the Lisbon sub-Branch Remembrance Memorial Appeal Fund which, it

is hoped, will have raised enough to install a memorial at St George's Church in Lisbon by this year's Remembrance tide.

Mr Mark Hanmer, Chairman of the Lisbon sub-Branch, welcomed the guests and thanked them for an excellent turnout in mid-January giving a special welcome to Eddie and Maria de Bie who were visiting from the Algarve Branch. Stalwart members of the Branch for many years, they successfully ran the RBL mobile shop in the Algarve for a number of years, while Eddie has represented the Branch at the RBL UK National Conference on two occasions and is the current Branch Standard Bearer. Mr Hanmer also mentioned that he hoped the dinner would serve as a launching pad for more regular local events to take place in the future.



From left: Mr Eddie de Bie, HM Ambassador Mr Alex Ellis, Mr Mark Hanmer and Mrs Jo Allen

## ALFA

ALFA, the association of literature and film friends in the Algarve is pleased to announce that on Monday, 1st of February, Antarctic traveller Brian Wood will give a speech and pic-

ture show on his research in the Antarctic. The event will take place at the Convento S. José in Lagoa.

For further information, please call 917602607

## Muddy Cogs bike rides

As the weather has been unpredictable lately, please do call Paul on his mobile 913226954 on the morning of a ride if uncertain about whether the ride will take place or not.

Here are the details of this forthcoming weekends rides:-  
**Saturday 23rd January 2010 - Movers**

### Starting Point

**Tor - By the old river bridge**

There is ample parking at either side of the old bridge. Lets meet here at 09.45 am

**Start Time 10.00am**

### Ride Details

This will be a fairly hilly and challenging ride on tarmac and dirt track roads around the Querença area. There will be a cafe stop in Querença.

**Sunday 24th January 2010 Shakers**

### Starting Point

**Vale do Lobo Entrance**:- There is ample parking in front of the derelict shopping centre opposite

the entrance to Vale do Lobo and also in the Ali Super car park. Lets meet here at 09.45 am

**Start Time 10.00 am**

### Ride details

This will be a fairly gentle ride along tarmac and dirt track roads taking us over to Praia da Faro and back. There will also be a cafe stop at Praia da Faro.

### Bike Hire - Transport

If you need bike hire or transport, then please do let me know in advance so that this can be arranged. I will aim to be at Bikeland from around 09.00 am to 09.15 am on Saturday and can carry hire bikes and several passengers. Bike hire for Sunday needs to be booked in advance as Bikeland is closed on Sundays, if anyone needs a bike then please let me know and I can collect it on Saturday & return on Monday. Anyone needing transport on Sunday please let me know. I look forward to seeing you on several bike rides in 2010.

## Bowling Report

A very interesting week with one or two surprise results. The Alvor Greens travelled to Tavira to do battle with the Tigers in dull and damp conditions and found the hosts in no mood to give ground. Greens eventually won the match 53-45, but had to share the points four apiece. Meanwhile over at Albufeira, the Cats took full advantage and defeated the Valverde Vulcans by a crushing 76-27 and walking away with the full eight points. Both PDF teams were at home, the Sinners have had a lean time recently, but rallied well today to beat the in form Harlequins by 60-48, the points however, being shared four each.

The Crusaders took a leaf out of the Sinners book and hammered the Pedras Panthers by 94-28, taking all eight points. Valverde Vikings were at home to the Algarve Amigos and won by 60-45

and six points to two. The final match was at Alvor, between Alvor Gladiators and the Amendoeira Nuts, who have been enjoying a bit of a revival lately. The Nuts continued their good form with a good away victory by 66-41 and by six points to two.

No change at the top, with the Greens still out in front on 86 points and the Cats in hot pursuit with 77. Crusaders benefit from their good win and leap to third on 62 points. Just ahead of the Gladiators 61 and the Tigers 60 points, (both stumbling this week). Harlequins are now sixth with 59 and Panthers have 55 in seventh position. Vikings are on 46 and the Amigos have 42, whilst the Nuts move closer to the pack on 35 points. Sinners had a welcome win and now have 27 points, whilst the Vulcans remain on 12.

Alan Clarke - League Director

## Walking in the beautiful Algarve

### Let's Walk above the River Algibre

**Saturday January 23rd**

A fairly easy walk of 2 hours that leads you above the valley with great views over unspoilt countryside. The spring flowers are starting to appear together with the almond blossom.

1.30pm start - meet in the centre of Monte Seco. From the A22 take the Boliqueime/Loule exit and follow the signs for Loule. After passing the quarry take the first road left and at the T junction turn left and follow the road through the village of Parragil and then down hill. After about 1km there is a turn on the left to Monte Seco. Turn and follow the road up into the village where it ends by a bus shelter and becomes a track, there is a cafe close by!

### Let's Walk from Poco Barretto

**Wednesday January 27th**

An easy 2.5 hour circular walk

passing the rice fields home to herons and egrets then and along the irrigation channel passing orange groves, (the walk is almost flat, absolutely no climbs)

10.30am start - meet in the carpark by the train station (cafe opposite). Poco Barretto is midway between Algoz and Silves on the EN269

There is no need to book, please just come along wearing comfortable shoes (trainers will be fine), bring some water and a sense of humour (very important). There is a charge of 5 euro for each walk. If you do need any further information please call Julie 965 753 033 or Peter 922 244 242

### East Algarve Walks Tuesday & Friday mornings

For more information contact Brian: 913 595 868, brian@moonlightservices.eu, www.moonlightservices.eu

St. Andrews Society Algarve

## Burns Supper

7p.m.  
Saturday 23 January  
Ponte Romana  
Silves  
Contact Kathy for Tickets  
Tel 919635246  
Members €25 • Non Members €27.50

## Lions of Loulé

The Lions Clube Loulé charity sale on November 22nd raised €650.42, which was very successful and much appreciated by the club.

The next sale is Sunday January 31st, at the Centro Comunitário, Al Mancil 9.30 - 12.00.

Refreshments are available and admission is free. There will be a great selection of good quality clothes, linen, bric-a-brac,

shoes, books and toys. All at bargain prices.

If you wish to donate any items, they can be collected from you, just ring 289 845 581 or 289 416 659. If you would like to find out more about the Lions local projects they fund and support, please ring Bruce 282 444 874.

The Lions Clube de Loulé hold their general meetings at O Castelo Restaurant, Al Mancil on the 3rd Tuesday of each month.

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**Wednesday 3rd to Saturday 6th March 2010**

**ITINERARY**

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**2nd day** - Tangier. A local guide will accompany the group on a morning tour of Tangiers to include the Grand Socco. Free time for lunch and afternoon & evening free for exploring the city. Overnight in Hotel Intercontinental 4\* B&B

**3rd day** - Full day tour of Asilah and Tetouan (or Chefchaouen). Via Cap Spartel to see the meeting of the Atlantic Ocean and Mediterranean Sea; time permitting a stop at a local pottery to buy your souvenir tagines etc. Free time for lunch. Evening return to Tangiers. Overnight in Hotel Intercontinental 4\* B&B

**4th day** - After breakfast, take the ferry from Tangiers to Tarifa and on to Gibraltar for lunch and a few hours shopping before returning to the Algarve.

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## IS YOUR POOL SAFE?



### Family safety first

Drowning... The greatest danger to your child at home or on holiday

In today's hectic world it is simply impossible to watch them all the time.

Simple everyday distractions like an unexpected knock at the door, or a phone call, are all it takes for a tragedy to occur.

Experts agree that fencing is the best deterrent to child drowning.

Pool Safety Fencing offers the ideal answer to child safety around the swimming pool (or other water deposits). The tightly woven mesh fencing eliminates finger or toe holds yet also keeps children's toys and debris from entering the pool. The fence is also completely removable in minutes to allow pool owners to enjoy the open beauty of their pools. The fence sections are lightweight and roll up for easy handling and storage, the fibre-glass poles and mesh are also 100% maintenance free. Once removed, colour coded caps are provided to cover the small post holes providing a finished appearance.

Pool Safety Fencing utilises state of the art Magna Latches and Tru-Close hinges for the most reliable closing and latching. Although self closing gates are convenient, parents should never rely upon those mechanisms for total safety. The 'Textilene' PVC-coated polyester mesh is incredibly strong and has been used in this fencing system for 23 years. It does not rot, fade, tear or stretch and is available in four different colours. The fact that it is very transparent helps you keep an eye on your little ones for better supervision and unsteady toddlers who happen to fall against a mesh pool fence will not be harmed by its forgiving mesh construction.

The 'Quad-BILT' composite fibre-

glass support posts are found to be superior to standard aluminium posts and offer superior strength, shock and weather resistance, and carry a lifetime warranty against both breakage and bending. One satisfied Pool Safety Fencing client's view:

"I contacted the representatives of Protecta Child in the Algarve and I have had your fence system installed around my pool.

"1. I'm very happy with the pool fencing. High quality material, low visual impact and really secure for children. And 2: Your representatives in the Algarve are very professional. They did an excellent job helping me finding the best solution for the fence layout and performing the installation. The final result was excellent."

Drowning and near drowning incidents happen far too often! It is called the 'Silent Death' because there is often no cry for help and very little sound from splashing. Everyone with children of their own or those who supervise children need to believe it can happen to them. Pool Safety Fencing offers a valuable asset when it comes to helping provide a safe, enjoyable environment for children to grow up. Pools and patios should be a place of enjoyment and relaxation, not a cause of worry and concern.

Decide now to choose the safer, quality pool fence for your child's protection and start experiencing that enjoyment. Pool Safety Fencing has carried out installations throughout Portugal. Visit the manufacturer's website: [www.protectachild.com](http://www.protectachild.com) or contact Pool Safety Fencing for a free no obligation quote and pool inspection to discuss your needs and options, or just email a plan/photograph for an estimate.

## Is improving your Portuguese a New Year's resolution?



It appears quite a few people have made learning Portuguese one of their New Year Resolutions as the Centro de Linguas de Lagos (Lagos Language Centre) is already very busy.

Students range from foreigners retiring in the Algarve, to semi-permanent residents and full-time professionals looking to perfect their vocabulary in a particular area.

Those who are already enrolled on courses claim they feel more integrated into the local community if they speak some Portuguese. People with businesses also say that they feel better - and of course it's only polite - speaking to Portuguese clients in their own language.

Centro de Linguas de Lagos is now taking enrolments for their next beginners' course, starting on February 22nd.

The beginners' course is always a very popular and enjoyable course, according to students and teachers alike.

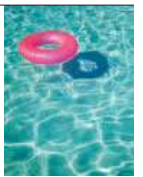
The course comprises 30 lessons, two lessons each morning on Mondays, Wednesdays and Fridays, from 11h10-13h00. It runs for 5 weeks until March 26th.

Students can also opt to have individual lessons - ideal for people with a limited timetable or who need a tailor-made course because of their work or studies.

Centro de Linguas de Lagos currently has a special offer where two students studying together pay only for one. This is ideal for friends, couples or colleagues.

People are welcome to call in and chat to Centro de Linguas de Lagos's staff to find out which course is the best option for their particular needs.

### THIS WEEK'S PROFILES



## Pool Safety Fencing

For more information on Pool Safety Fencing, please email: [poolfencing@aol.com](mailto:poolfencing@aol.com) or call (+351) 919 892 518 or 910 666 613 or check out the PROTECT-A-CHILD website [www.protectachild.com](http://www.protectachild.com).



## Lagos Language Centre

For more information, please call Ana, the secretary (282 76 070) or see their website: [www.centrodelinguas.com](http://www.centrodelinguas.com).



## The Linen Warehouse

Contact The Linen Warehouse for a price list and details of trade and loyalty discounts. Telephone: (+351) 289 396 385, 27 Estrada de Vale de Éguas Almancil 8135-033. Open 10h00-13h00 and 14h00-18h00 during the week, and until 17h00 on Saturdays.



## James Walker

For more information or a free quote, contact James Walker by calling: (+351) 967 944 660, or e-mail: [walkers@sapo.pt](mailto:walkers@sapo.pt).

## Opening of The Linen Warehouse, Almancil



The Linen Warehouse is pleased to announce the opening of its new outlet in Almancil, on the main roundabout, 300 metres from Apolónia supermarket.

The shop welcomes everyone to call in and say hello and have a look at its fantastic products.

The Linen Warehouse's stock ranges from budget sheets and towels for rental purposes, to a good 70 thread polycotton sheet range and Egyptian Cotton sheets in white or cream. Their pillowcases are in oxford or housewife styles, in polycotton and Egyptian cotton and the large stock further comprises flannelette sheets and pillowcases, and pillows of all types (duck feather, duck down, memory foam, soft, anti stress, anti allergy, Egyptian cotton covered pillows, luxury quilted,

king-size, bolster and so on). Cushion and duvet sets come in a wide range of colours and sizes, to suit anyone's requirements, personal or rental. Towels range from face towels to super sheets, 500g or 600g, with a very wide colour range.

Other products include bath robes, mattress protectors, fleece under blankets, bedspreads, rugs, throws, bath mats, tea towels, dishcloths and tablecloths.

The Linen Warehouse recently bought the Yorkshire Linen franchise in Almancil, moved the stock to the new site and reduced prices by 10%. A winter sale and special offers on many items are also currently being held.

Kath & Mike from The Linen Warehouse look forward to welcoming you.

Does your property look like it needs a bit of a facelift? Is it time to give the outside of your home a complete paint job or one of the rooms a revamp? Whether you want a new look for one of your rooms or a total overhaul, a little 'patching up' or a thorough spring re-fresh, James Walker is the man for the job.

Family-man James is never happier than when he's got a paintbrush in his hand - except when he's at home with his wife and their two children aged 6 and 3. But when he's not at home he can be found anywhere across the Algarve painting properties of all shapes and sizes.

James would be just as happy painting a garden wall or even a few plant pots as painting a big villa. As his advert says "no job is too small". If you can't afford a full paint job, but would like a few select areas repainted, that is also possible. James will have the best solution for you.

James will organize colour samples from which you can choose to

match existing colours or choose a new colour. Preparation is paramount in getting a professional finish. The process begins with jet-washing, scraping and priming to help reduce the effects of salt commonly found in Portuguese construction and then completed by fully-repainting with 2 coats of top quality paint. Your property will be left clean and tidy.

Now is an ideal time to consider refreshing your property. The recent rain and inevitable mould which followed, and with easter holidays on the doorstep rental properties will benefit from a lick of paint or two, ready for new guests.

James Walker and his family have lived in Portugal for the past six years. He gained experience in his trade from working in his family's building firm back in the UK.

With his fair prices, quality products, and down-to-earth approach to his job, James Walker is certainly a name to remember.

For more information or a free quote, contact James Walker by calling: (+351) 967 944 660, or e-mail: [walkers@sapo.pt](mailto:walkers@sapo.pt).





### Linguine with clams and courgettes

(Serves 4)

320g linguine  
4-6 tbsp olive oil, plus extra for sprinkling  
2 cloves garlic, peeled  
500g clams  
2 shallots, finely sliced  
4 medium courgettes, very finely sliced  
2 tbsp vegetable stock  
**For the puree**  
2-3 tbsp olive oil  
1 clove garlic, peeled  
2 shallots, finely sliced  
1 large courgette, finely sliced  
2 tbsp vegetable stock

1. To make the puree: In a small saucepan, heat the olive oil and garlic clove over a medium-low heat so that the garlic flavours the oil but does not colour. Add the shallots and cook for 1 minute. Add the courgette and sauté for 3-4 minutes, until it has softened. Pour in the stock and remove the pan from the heat. Discard the garlic clove, then use a hand blender to puree the mixture. Pass the sauce through a sieve and set aside.

2. In a pan of salted boiling water, cook the linguine until al dente then drain and set aside.

3. Meanwhile, in a large saucepan, heat another 2-3 tablespoons olive oil with 1 garlic clove. Once the oil has taken on the flavour of the garlic, discard the clove. Add

the clams then cover and cook until the clams open: this should take no longer than 1 minute. Remove from the heat and pick about half the clams from their shells, leaving the rest in. Keep the shells for decoration.

4. In a large frying pan, flavour 2-3 tablespoons oil with 1 clove garlic once more. Add the shallots and sauté for a few seconds, then add the courgettes and cook until slightly softened. Add the cooked linguine, vegetable stock, all the clams and their cooking liquor.

5. Transfer the pasta to a large plate and sprinkle with olive oil and freshly ground black pepper before serving.

**Cook's tip:** For a special occasion, serve topped with deep-fried baby courgettes.

## Rhodes' Italian job

Gary Rhodes is known for his love of good honest English grub but since visiting Italy for his new TV series *Rhodes Across Italy*, on *Good Food*, he's become an Italian cuisine convert. He explains to Polly Weeks his new found foodie love and reveals three Italian recipes.

With six Michelin stars to his name and presenting stints on *Masterchef* and *Hells Kitchen*, Gary Rhodes has proved himself an ambassador for British cuisine.

But the TV star, author and restaurateur was recently on the receiving end of a cookery master class himself.

Travelling to Italy for his new TV series, *Rhodes Across Italy*, Rhodes, 49, experienced something of an education.

"Before going, I thought I knew all about Italian food, then I suddenly realised I knew very little. I was being tutored in another cuisine. It became a whole new experience, in fact it was one of the greatest culinary experiences of



my life," the chef admits.

Rhodes visited 10 Italian regions, learning the secrets of Italian cuisine along the way. He admits that before he arrived in the country he had misconceptions about the food.

"Normally we view Italian food as just pasta or pizza with loads of toppings. I think we also view it as being a fairly cheap source of eating, you go to a restaurant and eat a very nice bowl of pasta or pizza, pay £7, have a glass of beer to go with it and off you go. I real-

ised that unless you've been to Italy, you've never experienced Italian food."

Rhodes learnt there's far more to Italian cuisine than pizza and pasta. In addition, when we're making these two dishes in the UK, we change the recipes unnecessarily. Having visited one of the original pizzerias in Naples where he was served up a margarita (pizza with just tomatoes and mozzarella) he found that with the fresh ingredients used there was no need for further toppings.

"It was the best pizza I've ever tasted in my entire life," he explains.

"Now, after that experience, I'll never eat anything more than a

margarita when I order pizza. All of the other ingredients and toppings take away from what the main product is."

Rhodes is confident viewers will be able to recreate the majority of the recipes featured on the series at home.

"When we're in Rome, we show people how to make a true spaghetti carbonara - you're talking about some spaghetti and a few toppings, it's as simple as that."

"A true carbonara is not a cream sauce that we tend to make in this country. It's delicious and it takes just nine or 10 minutes to cook - essentially the length of time it takes for the pasta to cook. Many Italian recipes are really simple."

### Spaghetti carbonara

(Serves 2)

10 thin slices guanciale (cured pig's cheek) or 50g pancetta, finely chopped  
100g spaghetti  
50g Pecorino, finely grated, plus extra to serve  
50g Parmesan, finely grated, plus extra to serve  
1 whole egg, plus 1 egg yolk

1. Heat a heavy-based frying pan and gently fry the slices of guanciale or pancetta until crisp. Remove from the pan using a slotted spoon and set aside on kitchen paper. Reserve the fat in the pan.

2. Bring a large pan of lightly salted water to the boil and cook the spaghetti for 8-10 minutes until al dente.

3. Meanwhile, mix the whole egg and egg yolk together, add the cheeses and plenty of black pepper. Loosen with 2-3 tablespoons of the spaghetti cooking water.

4. Add another 2 table-

spoons of pasta cooking water to the fat in the pan and allow it to simmer.

5. Once the pasta is cooked, drain it and add to the frying pan. Toss thoroughly in the pan juices.

6. Season the egg mixture lightly with salt and add to the pasta. Immediately turn off the heat and toss well, adding more water to loosen, if necessary, and more cheese if desired. The sauce should be smooth and silky, not scrambled.

7. Transfer the pasta to serving bowls, scatter the guanciale or pancetta on top and sprinkle over some extra cheese.



### Tiramisu

(Serves 4)

3 eggs, separated  
100g caster sugar  
250g mascarpone cheese  
200g savoiardi lady finger biscuits, or sponge fingers  
200ml espresso coffee, or 2 tbsp instant coffee dissolved in 200ml hot water, left to cool  
80g bitter cocoa powder  
Berries and small mint sprigs, to decorate

1. Whisk the yolks and sugar together in a large bowl. Add the mascarpone and continue whisking until the mixture becomes a very firm cream.

2. In another large bowl, whisk the egg whites until firm and gently fold into the mascarpone cream.

3. Dip the savoiardi biscuits in the coffee and turn them to soften the other side.

4. Take four cappuccino cups and put a layer of savoiardi in the bottom of each, breaking them into shorter pieces if necessary. Spoon some of the mascarpone mixture over the top, then repeat the layers two or three times to fill the cups.

5. To finish, dust with cocoa powder and decorate with berries and sprigs of mint.

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# PROPERTY

A weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 23 Jan 2010

## PROPERTY OF THE WEEK

### A beautiful, four bedroom luxury home, near Fuzeta



Property of the Week this week is showcasing the opportunity to live in the lap of luxury, which happens to be near Fuzeta, Eastern Algarve.

With the beach and local Colina Verde 9-hole golf course just two minutes down the road, it is also on the doorstep of the more challenging courses of Monte Rei, Quinta da Ria and Cima and Benamor (approximately 20 minutes' drive), as well as being surrounded by some of the region's most appealing attractions, including boating, bird-watching and cycling facilities.

This high-end property is actually located in the small village of Alfandanga, which is essence is a very small cluster of houses that also has a small mini market, café, cash point and petrol station, all within a two minute walk down the track from the house.

A little further away are Moncarapacho (5 minutes by car) and the fishing village of Fuzeta (2 minutes by car). Both of these villages offer a wide range of restaurants serving fresh local produce, bars and shops. The main towns of Olhão and Tavira are approximately 10 minutes away by car and beyond Olhão is Faro with its major city facilities including, of course, the airport (20 minutes from the house). Olhão's markets are something to behold for any food lovers.

A camera operated entry system via decorative Iron Gate leads to the front path and entrance foyer, flanked on either side by a matching pair of lawn areas. The borders are planted with yuccas, bamboo, palms and birds of paradise. To one side of the house is the parking area. To the other is the side garden with

a child's wooden play cabin and sand pit area.

At the rear the property has a huge terrace laid with a natural Bradstone patio slabs with parasol point set into the patio.

There is a pump house that holds the swimming pool equipment, the house's water supply controls and the garden irrigation system. There is storage here for sun loungers, cushions and parasols.

The swimming pool is 6m x 12m and is heated by solar panels. The pool benefits from a raised wooden decking area that extends out over the pool with sun loungers and parasols. There is an approved child safety fence around the pool and a heat retaining roller cover.

The rest of the garden is laid to lawn with several varieties of plants around it.

Through a pair of solid wooden double doors is an impressive entrance foyer leading to the main entrance hall, a large airy space with windows to the front aspect. Several doors lead off from the hallway to other rooms.

The open plan modern kitchen has a range of wall and floor units with a black silestone top and splashback. The kitchen is complete with large American fridge/freezer with water and ice maker, fitted dishwasher, oven and microwave and large 5 ring ceramic/halogen hob. There is a double sink and drainer with waste disposal system. There is a window looking out to the garden and a rear door leading to the back & side gardens. A

further door leads to the utility room—a large room with a range of fitted base and wall units for storage and a sink and drainer fitted into marble work surface. The utility room houses the central vacuum system, under floor heating controls/valves and the hot water system.

The dining area is attached in an open plan format to the kitchen by a wide worktop area with storage under there is a wall mounted TV point and a double patio door leading to the rear terrace and garden/pool area. There is a wonderful feature ceiling made from Santa Catarina local terracotta tiles.

A set of sliding doors lead to a big lounge, which boasts two sets of patio doors leading to the rear garden/patio and pool area. There is a real wood burning fire and several TV and power points.

The lounge area has the control panel for the house sound system that feeds all of the room in the house. There is access to an under stairs storage area.

There is a pair of double doors that lead back into the hallway and on one side of the lounge leads to the fourth bedroom—a double bedroom with fitted wardrobes and double patio doors that lead out to the rear garden area. The bedroom has its own en-suite with luxury walk-in shower and heated towel rail.

Downstairs there is also a separate guest WC.

The second and third bedrooms both have fitted wardrobes, dressing areas that lead to a large double sleeping area, and windows to the front with double patio doors, one of which leads to side garden. Both have a fully fitted en-suite with Jacuzzi bath, heated towel rail and separate shower.

From the entrance hall a sweeping stone staircase with galleried balcony leads to the Master Bedroom Suite. This comprises a huge bedroom with large patio doors leading to rear balcony overlooking rear garden/patio and pool area. There is a set of sliding doors that lead to a fully fitted his and hers



dressing room.

A door on the opposite side of the bedroom leads to the luxury en-suite, complete with double Jacuzzi corner bath with full length windows overlooking the rear garden. There are two sinks set into marble top with storage under, a bidet, WC, heated towel rail and separate walk in shower.

The galleried landing overlooks the entrance hall and has access to a balcony looking to the front aspect. There is a wonderful feature ceiling made from local Santa Catarina terracotta tiles.

The whole house benefits from double glazed locking windows, metal shutters on all windows and doors halogen spot down lighting and hidden mood lighting controlled by dimmer switches, a central vacuum system, air-conditioning, under floor heating, a central sound system, multi channel TV system, point of entry and PIR alarm system, and the highest quality real stone tiles on walls and floors.

Bathroom suites are high quality Sanindusa, Grohe taps and Geberit wall mounted toilets.

Outside an electric remote controlled sliding ornate Iron Gate leads to gravelled parking area for up to 10 or more cars.

Furthermore there is a large wooden cabin with tiled roof, two glazed opening windows and double doors that provides excellent storage or workshop facility. There is also a large insulated dog kennel/house.

Beyond the parking area is a wide planting bed with a variety of mature plants.

There is a gravelled track that leads round the main garden area

to the bottom field that is currently un-used but could be developed as a pony paddock or home growing area.

There is also a BBQ/Outside Lounge Area. The main feature of the garden is the BBQ and outdoor living area made from solid wood structure with cedar shingle roof. There is a lounge area, a large stone bar and work surface that has a gas BBQ set into it. Under the bar area is a fridge, music system and storage area. There is also a sink set into the work sur-

face. Decorative lighting and a sound system are fitted to this area as well as a small TV.

The dining area is protected from the elements by solid wood paneling.

This stunning property is currently on the market for €825,000.

To view this spectacular property please contact Sarah at Algarve Manta Properties on office phone/fax: (351) 281 952 820, mobile: 911 041 862, e-mail: sarah@algarvemantaproperties.com, www.algarvemantaproperties.com.



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- Lovely single storey villa
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- Garden & country views
- Villa 190m² plot 42.240m²

Ref. V1247  
Price: € 425.000**Messines**

- Large attractive villa
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- Terrace, garden & 2 lakes
- Villa 400m² plot 57.000m²

Ref. V1248  
Price: € 475.000**Moncarapacho**

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Price: € 595.000**Albufeira**

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Ref: 961 - € 100.000 - Cabanas

One bedroom house with kitchenette, lounge, bedroom and one bathroom. Close to facilities and not far from the beach, communal gardens to the rear and small private patio. Needs a little decoration.



Ref: 727 - € 105.000 - Near Tavira

Fantastic condition nearly new one bedroom apartment in the development Mato Santo Espirito, restaurants and cafes nearby, equipped kitchen, lounge, veranda, bathroom and garage space.

## RENTAL INVESTMENTS



Ref: 949 - € 135.000 - Manta Rota

Only two mins on foot to beach, very good rental earner, has panoramic ocean view, sold fully furnished and equipped, completely remodelled. Kitchen equipped, satellite TV English channels, air con/heat.



Ref: 790 - € 195.000 - Manta Rota

Very generous 3 bed house, lounge with doors to large patio west facing and room for a pool, equipped kitchen, three bathrooms, one of which ensuite. 10 mins walking to the beach. Very good price.

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## Make your bedroom a winter sanctuary



A snug bedroom is the perfect place to retreat to on cold winter nights. Gabrielle Fagan show how to turn yours into a sanctuary with snazzy beds and beautiful bedding.

Even the most hale and hearty types have surely been tempted to linger under the bedcovers, or take a 'duvet day' in these freezing, snowy times.

After all, our natural reaction when cold winds blow outside is to stay where we feel snug and safe, and the ultimate retreat is our bedroom.

But you're missing a trick if you're only using this room for snoozing and loving, as ideally this space should also be a stylish sanctuary where it's easy to relax and unwind.

You can really let your imagination take flight here with decoration and furnishing as it's the perfect private location for decor ideas or fantasies that may not be practical to indulge in anywhere else in the home.

If you're uncomfortably aware your bedroom's not matching up to your interior dreams, there couldn't be a better time for a revamp as you can plunder the sales for bargains in beds and bedding.

Before you spend though, try to have a concept of the room and the effect you desire.

"There's a lot of talk about getting the 'wow' factor for rooms, but in bedrooms you're really seeking the 'aah' factor," advises interior designer, Ryan Kohn at Living in Space.

"That means creating a room to your taste which envelops you as soon you walk in. You should immediately feel your shoulders drop as you shed tension and realise that this is where you can truly be yourself and unwind."

Bedroom decor and furnishings can, with a little thought, be versatile enough suit all seasons. You don't have to play it safe with neutrals but bear in mind that even if you love dark, closetting colours and heavy fabrics in the winter you might find them overpowering on bright, sunny days.

"Lined curtains are a must, but have tie backs so they can be pulled back in the summer months for a lighter look and combine them with black-out blinds or voile for the windows," suggests Kohn.

"Bed linen is where you can go to town and have different sets for summer and winter to easily refresh the look. Make sure you have a satin quilt or faux fur throw over the end of the bed too. It looks great and is, of course, very practical."

A bed's obviously a focal point, and currently an oversized, padded headboard is fashionable for contemporary beds but this year will see a trend for functional headboards which double as storage or a place to display photos or treasured items.

Four posters are the ultimate booster bed, while the more rustic or ornate metal bedsteads are still hugely popular. But be aware that you need to stack this style of bed with oversized cushions, so you're not lounging back against a hard metal frame.

At the end of the day, it's the finishing touches that will turn a bedroom into the ultimate personal comfort zone.

Layer a bed with a throw, a runner, and cushions and bolsters in soft-to-the-touch fabrics, and make space for an easy chair and small table where you can sit and daydream.

To avoid any more rude awakenings choose a dreamy new look for your bedroom that will turn it into a beautiful sanctuary.

### • Elegant retreat

This should be a sophisticated room where the decor is understated and restful and the overall effect is light and airy.

"Use soft paint colours on walls for a soothing atmosphere," says Charlotte Boyd, style editor of House Beautiful magazine.

She suggests soft blues and li-

lacs such as Sea Lavender and Blue Ashes.

### • Glamorous boudoir

Don't spare the colour and texture in this room, because it demands a full-on approach so that it's indulgent, luxurious and opulent.

Rich berry colours, reds, plums and purples are ideal for a space that cocoons and comforts.

"Have this bedroom as a gorgeous retreat, purely for rest and relaxation. There's no room here for a home office or ugly technology," says Boyd.

"Add extra feel-good factor to the bed by using sumptuous bedspreads and throws made of silk or faux fur. And have dimmer switches and lamps so you can easily lower the lights for intimacy."

### • Spring sanctuary

Florals and crisp whites are the ingredients for this fresh-as-a-daisy look which is certain to banish winter blues.

"Designs inspired by nature, particularly florals, will be a strong theme in interiors this year," says Boyd. "Enhance the atmosphere by filling the room with fragrance. Use scented pillows and candles, perhaps with a soothing Lavender or Jasmine perfume."

### • Celebrity style

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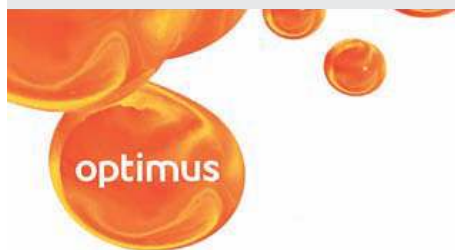
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# How will your garden grow in 2010?



Politicians may be telling us that we are coming out of the recession, but gardeners worldwide will still be watching their spending in the New Year.



Sea holly (Eryngium)

According to Andrew Duff, director of garden design at Inchbald School of Design, in the UK, who is predicting that gardeners of 2010 will be plumping for permanent plantings, taking more cuttings and continuing the trend for growing their own.

"Quality and value for money is at the forefront of people's minds," he insists. "People may be going for permanent plantings rather than annuals - annuals will be the punctuation, gardeners want to buy things which are longer-lasting."

He predicts there will be a resurgence of structure to gardens

next year. "We'll see the return of evergreens more prominently, because they're value for money, punctuated with masculine architectural foliage."

"The plants need to start working to justify their place in the garden, so you'll have rich, moody evergreen backdrops, and plants such as cineraria and thistles. It will be much more dramatic and flamboyant, which is kind of what's happening in fashion."

Sea holly (Eryngium) in particular is a striking architectural plant which is best grown in full sun in dry, gritty soil and are therefore ideal for coastal gardens. They lift any border, forming basal rosettes of leaves that

are often prickly, with attractive silvery-white veins. From mid-summer until early autumn they bear branching stems of round or cone-shaped violet-blue flowers with narrow grey-blue bracts which are good for drying. Smaller varieties can be grown in rock gardens, while taller ones go well in the herbaceous border, where their skeletal forms can be appreciated throughout winter. Protect sea hollies from excessive winter wet, especially in cold or exposed gardens of north Portugal. Plants can be divided in spring.

Eryngiums make up a large group of annuals, biennials and deciduous and evergreen perennials. Good varieties include *E. x tripartitum*, a perennial which grows up to 90cm (3ft), and *E. x oliverianum*, which has dark green spiny leaf rosettes, blue stems, and flowers from mid-summer to early autumn.

"We'll see sweet-shop colours like sherbet lemons, not bright colours, but a softer range with more white and primarily relying on foliage. You'll see old-fashioned favourites coming back like *acanthus* and *euphorbia*, and safe varieties like *Euphorbia 'Wulfenii'*, because it's likely to do well and you don't have to keep replacing it."

Gardeners will opt for permanent plants in pots, which have

become increasingly popular in recent years. "They will be after all-year-round plants, but it doesn't necessarily mean you have to plant an evergreen," Duff says.

"*Cornus* and *Verbena* are good in pots. Plant thyme underneath to hide the soil. Herbs like rosemary prefer to be in a pot, which is more free-draining."

People will also be increasing their stock by propagation, taking cuttings rather than spending more money, which may lead to an increase in sales of greenhouses (in northern regions of Portugal), he predicts.

In line with the 'grow your own' campaign, hanging baskets will contain a mass of vegetables, such as salad leaves and trailing tomatoes. Dwarf runner beans, particularly the purple-leaf varieties, will provide both an edible and ornamental addition to any container.

"People may not like the thought of putting vegetables into their flower border, but that's an attitude that's got to change," says Duff. An allotment became the 'must-have' for many gardeners a while ago, but busy people often haven't the time to tend it sufficiently, so are slowly making space for vegetables in their gardens.

"People love to live the dream about having an allotment, but in

reality there's a time issue. So an alternative will be lots of vegetables in the borders, but people need to learn how they can look good," Duff says.

"Most vegetables are foliage based, and can add another dimension to a border if you think ahead. For instance, perpetual spinach is quite an attractive leaf.

Let it grow to its full maturity, but you can still pick the leaves. Put it at the front of the border. And plant fruit trees instead of purely ornamental ones."

The purse-strings may be tight next year, but we can still reap great rewards from the seeds we sow.

Hannah Stephenson

## Plant of the week



### Lavender (Lavandula)

It's a classic favourite, perfect for edging borders and herb gardens, with its aromatic fragrance and pretty purple flowers. One of the best for a low, informal hedge is *L. angustifolia* 'Hidcote', covered in purple flowers which look like rabbits' ears. This is more effective in sheltered shrub borders, hot and dry sites, rock gardens and wild areas.

If you want something slightly different, try French lavender (*L. stoechas* subspecies *pedunculata*), which grows to around two feet (60cm) and bears dark purple flower spikes topped by bright purple bracts which look like rabbits' ears. This is more effective in sheltered shrub borders, hot and dry sites, rock gardens and wild areas.

For an alternative colour for your lavender, try 'Loddon Pink' with its soft, pink flowers. All lavender benefits from being lightly trimmed after flowering and then again in spring, but don't cut in to old wood or it won't recover.



Verbena

## From plot to plate

### Walnuts

Walnuts originate from Persia and now new self-fertile varieties are proving very successful.

Certain types can tolerate wet, cool conditions and crop well, normally though Walnut trees should be planted in a sheltered sunny spot and protected from late frosts (in the north), which may destroy their new growth and flowers.

Choose varieties such as 'Bucaneer' or 'Rita' (even the smaller

varieties grow up to 7.5m) and plant them in the autumn, staking the tree for several years, until established.

Keep it well-watered during its early years and enrich the earth around it with compost.

Fully-ripened walnuts can be harvested in early September and October, when the husk starts to split. They should be dried straight away by a boiler and then put in well-ventilated bags and kept in a cool, airy spot.



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# Exploring with Windows



Windows Explorer is the basic shell or user interface to the operating system. Its properties and characteristics are something we deal with every time we use the computer.

Learning efficient ways of using Windows Explorer can speed up the way we get things done and make life easier. In this article I discuss some tips on setting up Windows Explorer to best suit individual preferences.

In earlier days, Windows Explorer and Internet Explorer were totally separate entities. Somewhat different modes of presentation for the desktop and for the Internet are still available, but with Internet Explorer version 6, 7 and 8 the distinction between the three Explorers has been considerably blurred. Nowadays versions 7 and 8 are very much intertwined. Many tips, therefore, apply to either Explorer. Microsoft wished to integrate Internet Explorer (IE for short) into the operating system as much as possible and wanted to make the desktop and the Internet basically indistinguishable. They did beat out their rivals Netscape through this integration, but on the other hand, there was considerable dislike of the feature called Active Desktop.

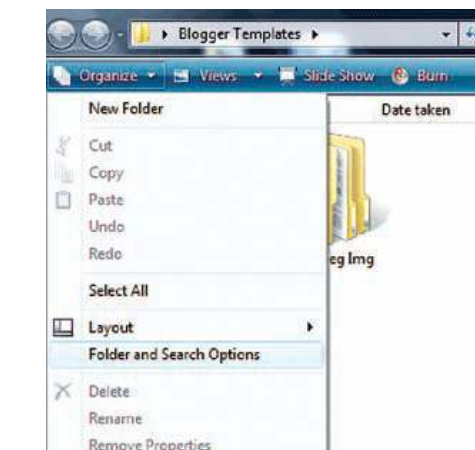
## Views

Let us begin with the basic function of Explorer - displaying the list of folders and files that are present on the system. This information can be displayed in a number of different formats, which have been termed "Views". In my opinion the default settings that come with every computer are far from the most useful and need modifying for most users. If you double-click My Computer or a folder icon, you will obtain a single-pane view using icons to represent folders and files. If you pull down the View menu you can change to a "List" or a "Details" representation. On the other hand, opening Explorer from the Programs Menu or by right-clicking Start and choosing Explore gives a double-pane view. The double-pane view in turn has a number of options. The default setting uses icons but again this can be changed to a "List" or "Details" view in the View menu.

Personally, I prefer the "Details" view and I also find some other changes from the default settings to be important. The default setting is referred to as "Web Style" which is really not useful unless the user wishes to make certain special custom settings. I prefer the "Windows Classic Style."

These settings are in View | Folder Options | General in Windows 98 & ME, Tools | Folder Options | General in Windows 2000 & XP and Organize | Folder and Search Options | General in Windows Vista & Windows 7.

Also, files with the hidden or system attribute



and most file extensions are not shown by the factory settings. For many purposes these settings need to be changed. To make changes go to View, Tools or Organize | Folder Options | View. In the list of settings, check "Show all files" and uncheck "Hide file extensions for known file types." You may wish to check "Remember each folder's view settings."

While you have the menu open, look over the list to see if there are any other changes that appeal to you. Click "Apply" (the menu will stay open) or "OK" (the menu will close) to make your changes.

If you prefer the double-pane Explorer view when opening My Computer or any other folder instead of the default single-pane, right-click on the icons and choose Explore from the context menu. You can also get the double-pane view from My Computer or any other folder by first highlighting it and then double-clicking while holding down the Shift key.

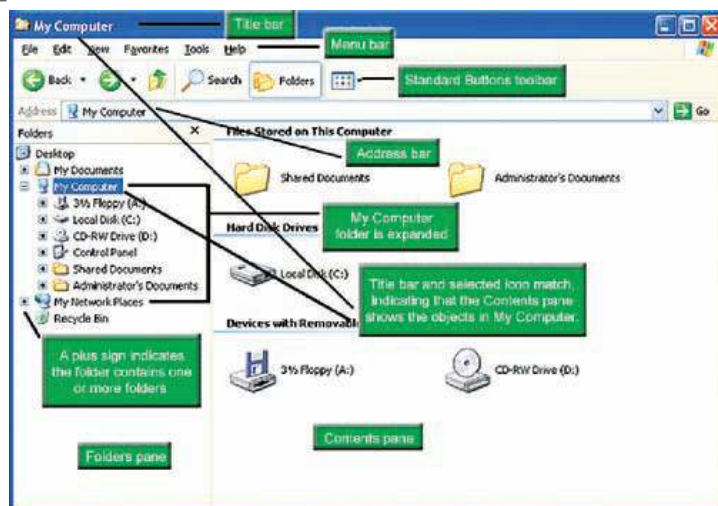
Here are a couple of keyboard shortcuts that can be used when you are in a double-pane view. To expand a folder in the left pane, highlight it and press the asterisk key (\*) on the Numeric keypad. The result is a fully expanded view of every folder and

all their subfolders. For a folder such as Windows, which contains many subfolders, the listing will be very long and will take a while to unfold. If you use the Details view and find that some of the columns in the right pane are too narrow, hold down the Ctrl key while pressing the plus (+) key in the Numeric keypad. Columns will be resized automatically to fit their longest entry. If you have Internet Explorer 7 or 8, the F6 key will switch you from the right-hand pane to the left-hand pane to the Address bar. In conjunction with the up and down arrow keys, this allows you to navigate the list of folders without using the mouse. A specialized view that can be useful for folders with graphics files is "thumbnail view". If you right-click on a folder and open the Properties sheet, you can check a box near the bottom "Enable thumbnail view." You will then get a display that shows small views or "thumbnails" of the contents of the files in that folder. You also get thumbnails if you select Thumbnails from the View menu.

## Getting Windows to remember your Preferences

After you have obtained the type of view you wish, the next step is to adjust the window size to your preference. Sizing windows is something everyone learns at the beginning. The trick is to get Windows to remember your preference so that you do not have to resize every time you open a new window. In principle this is easy. In View, Tools or Organize | Folder Options | View, there is a box with the caption, "You can apply the view that you are using for this folder to all folders".

If you have your set-



tings where you like them, click the box, "Like current folder for Windows 98 & ME or Apply to all Folders for Windows XP, Windows Vista and Windows 7." However, this brings us to one of the unsolved mysteries of Windows. At random times Windows will "forget" your settings (size, view, everything) and revert to the defaults. There are many explanations out there but no one seems to have a unique, definitive answer on why this happens.

There appears to be a number of things that can cause the registry settings to jump back to its defaults. The most straightforward and easiest of reasons for Windows to lose its settings is the fact that it can only save a finite number of different settings. Windows 95

had room in the registry for 29 separate settings and in Windows XP this value increased to 200. When the limit is reached the oldest setting is dropped. Thus, after you have opened many windows you will find yourself back at the default.

There are a number of ways to work around this limitation on the number of settings, but then, at apparently random times, Windows will still suddenly revert to the defaults. The Internet and Newsgroups have many discussions on this problem with various suggested fixes but none seems to work all the time. I can only describe this phenomenon as just another of those many unexplained glitches one may experience with Windows.



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## Ask the expert

**Q: "I keep my house extremely clean to protect my one-year-old child from germs. Is keeping everything very clean good for his health?"**

**A:** Thomas McDade, an associate professor of anthropology at Northwestern University, Illinois, USA, has just completed a study on the link between exposure to germs in infancy and inflammation in young adulthood.

He says: "There's no question that we need to take seriously the threat of infectious disease, particularly in infancy and early childhood."

"However, most of the germs we encounter in our homes are harmless - they don't cause infections, and they've been part of the human environment for millennia. It's only very recently that hygienic practices have dramatically reduced our exposure to these germs. This fact alone should encourage us to ask whether it's worth the cost and effort to go to extreme measures to sanitise our homes, particularly when chemicals in some cleaning products may themselves be harmful to children."

"We also need to consider whether common, everyday germs may in fact be beneficial. My research, as well as the research of several other scientists, suggests that these germs may

help prevent kids from developing allergies and asthma, as well as other diseases related to the immune system and inflammation. Just like the infant brain needs rich sensory input to promote its development, the immune system needs input from the microbial environment to guide its development and function throughout childhood and into adulthood. Overly sanitised environments deprive infants of this input, and poorly regulated responses later in life may be the result."

"In countries like the UK and the US we have this idea that we need to protect infants and children from germs. But we should recognise that this may come at a cost. The trick is to reap the benefits of exposing our kids to relatively harmless germs while avoiding pathogens that cause harmful diseases. Additional research on this issue is ongoing."

"In the meantime, my wife and I keep a tidy but certainly not sanitised home, we avoid toxic cleaning products, and when our two-year-old drops food on the floor, we don't flinch when he picks it up and eats it."

**Q: "My children, aged six and 10, just don't understand money. Is it up to me to teach them, or are they taught at school?"**

**A:** Celia Allaby, regional director of the southern pfeg (Personal Finance Education Group), a charity which helps teachers develop financial capability in young people, says: "Not all schools will be ready to teach about understanding money this year, but as your children get older schools will be gearing up to teach everyone throughout their school years."

"The curriculum for children aged between five and seven will include things like recognising coins and notes, learning how to keep their money safe and understanding the consequences of losing their money."

"It will also look at where money comes from, and that people have different money in different countries."

"With children between the ages of eight and 11, teachers will

be exploring things such as other forms of money like credit and debit cards and bank accounts, understanding about household expenses, taxes and other outgoings such as pension contributions, and the importance of keeping financial records. "Crucially, children of all ages will be helped to understand the difference between needing something and wanting something."

"In school all these areas will be explored using nursery rhymes, stories and role play, traditional mathematics lessons and other curriculum areas such as history and geography."

"Meanwhile, you as a parent can do a great deal to prepare your children to manage their money, by giving them pocket money and giving them an even greater level of control over budgeting, saving and spending it."

## Beating the

**Make-up artist Bobbi Brown reveals her hints for getting your skin back on track for 2010.**



No matter how many detox juices you're glugging or treadmills you're pounding, that elusive healthy New Year glow always seems beyond reach.

In the cold weather, all you get is dull skin, red nose and runny eyes, so it's little wonder the nation practically hibernates throughout January.

Make-up artist Bobbi Brown says it's an annual occurrence: "Like clockwork, after I've gone to the last of the festive parties and the decorations have been stowed away, I catch my reflection in the mirror and just look 'blah'!" she admits.

"My skin looks a little dull and red in places, and I'm not as bright-eyed as I usually am. I've got a serious case of the winter beauty doldrums."

Symptoms sound familiar? Bobbi has all the tonics and tricks you need to combat the January beauty blues.



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# January beauty blues

## Problem: Dry, flaky lips

**Bobbi's solution:** "Forget about the 'exfoliate with an old toothbrush' trick. Ouch!"

"Instead, soothe and protect lips by applying an extra emollient eye cream then gently slough off the dry, dead skin cells with a damp washcloth."

"Keep lip balm in your handbag and apply every time your lips feel remotely dry."

## Problem: Make-up rubs off every time you blow your nose

**Bobbi's solution:** "Lengthen the life of your foundation by using a velour puff to apply sheer powder around your nose and mouth."

"The puff will help to really 'set' the make-up, versus a brush, which just imparts a light, all-over shine blotting application - not something you need at this time of year."

## Problem: Skin looks washed out

**Bobbi's solution:** "Break out the bronzer. First pick your perfect formulation - powder is a good option for most skin types and should be dusted on with a big fluffy brush for a seamless look. Cream is ideal for dry skin, and gel's a good choice for oily skin. For a fresh-faced look for winter, add a touch of blush onto the apples of your cheeks. I think pink, from pale pink to rose, flatters all complexions because it's the colour our cheeks turn when we're naturally flushed."

## Problem: Puffy under-eyes

**Bobbi's solution:** "Go with two shades of a yellow-based concealer to help counteract the dark circles."

"Dab a concealer that's one shade darker than your foundation directly onto the puffiness to help visually recede them."

"Apply concealer that's one shade lighter and brighter than your foundation under the puffy area to bring attention to the flatter, smoother skin there. Blend both concealers with a fingertip and set the area with loose powder."

## Problem: Powder looks cakey and unnatural

**Bobbi's solution:** "If you have dry skin, chances are it is even drier in the winter, so you can skip powder altogether."

"Women with oily skin don't need to use as much powder as they do during warmer months so I suggest applying it just to the areas where skin tends to be extra oily, like forehead, cheeks, nose and chin."

"Consider blotting paper, which absorbs excess oil without looking dry and cakey and can be used before and after make-up application."

## Problem: Dry rough patches

**Bobbi's solution:** "Exfoliate. An exfoliating cleanser can be



Yes To Carrots new C Me Shine Lip Glosses and C Me Blush Lip Tints (www.victoriahealth.com).



Jemma Kidd Contour & Flush Creme Blush Duo (www.spacenk.co.uk).

water-resistant eyeliner."

Try: Estee Lauder Double Wear Stay-in-Place Eye Pencil, £15 (www.estelauder.co.uk).

## Problem: Usual foundation doesn't look right

**Bobbi's solution:** "It's more than likely your skin is fairer this time of year so you may need to switch to a foundation that's one or two shades lighter than your usual product."

"Foundation can look cakey, streaky, and obvious on dry skin. Changing to a moisturising formula will help ensure an even, natural-looking application."

By Lisa Haynes



Clarins One-Step Gentle Exfoliating Cleanser (www.clarins.co.uk).



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# How to make your resolutions

By setting yourself over-ambitious resolutions, you're potentially setting yourself up to 'fail'.



Are you rubbish at sticking to your New Year's resolutions? Whatever they may be for 2010, experts give their view on how to make them last.

Millions of us will have ushered in 2010 with resolutions promising to make it a year to remember. Whether it's finding love, losing a stone, quitting smoking or having more time to relax, New Year's resolutions have long been used as a way to kick-start some positive lifestyle changes.

Some 37 million Britons made resolutions in 2009, according to a survey earlier this year, but 2010 could see that number increase - not least because the stakes are seemingly higher, says life coach Sue Belton ([www.suebelton.com](http://www.suebelton.com)).

"It's not just a new year, but a whole new decade we've ushered in," she explains. "Now's really the time to clarify what you want and where you'd like to be in another 10 years' time - because what you want in 10 years is a lot bigger than what you want in just one year's time."

That might seem a bit of a stressful call to arms, but it could also be an inspiration to finally kick that habit or make that change.

Just bear in mind that making - and keeping - your resolutions requires a bit of finesse, as well as the determination to stick to a few simple, but effective, rules.

## Be realistic

When making your New Year's resolutions, try to identify what you can and can't change - then work within those parameters, says life coach and cognitive hypnotherapist Sue Roberts ([www.freedomfinders.co.uk](http://www.freedomfinders.co.uk)).

"If you have a lot to change in your life, divide it all into 'must', 'nice to have' and 'if I get time' segments, and then plan your resolutions throughout the year."

"You can then prioritise like you would any other to-do list, or you can stick to two or three really key things that you think will make the biggest difference."

The problem in trying to do too much, says Paul Farmer, chief executive of the mental health charity Mind, is that it could hurt you in the long term.

"By setting yourself over-ambitious resolutions, you're potentially setting yourself up to 'fail' - and this can have a real impact on your self esteem," he explains.

Remember that whatever resolutions you set, you must be realistic about what fulfilling them might achieve.

"Giving up chocolate or smoking isn't going to change the fact that you're in a bad job or a bad marriage," says Roberts. "So try to identify the cause - not the symptom - of what you think

needs to change."

## Consider your timing

The new year might technically begin on January 1, but that doesn't mean that your resolutions have to: Just ask yourself if a cold, snowy morning in January is really the best time to start your get-fit regime.

"The hype says 'a new year, a

new you', but decide for yourself which month you usually feel good in, and which month you can imagine making the change easily," says Roberts.

Belton agrees: "Spring might be a much more effective time for you to make and stick to a 'New Year's' resolution, because you can feel things changing in the air. Then you also have the summer

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ahead to look forward to."

## Visualise

Visualising what you want is said to make it more likely to occur - so jot some ideas on a notepad, or start daydreaming about how your future could be.

"Let's say you want to stop smoking," says Belton. "Sit yourself down and really imagine how it would be if you weren't smoking. 'What would your clothes smell like? How would your skin look? How much money would you have saved in three months' time - and what could you buy with that as a reward for not smoking any more? How would you walk and comport yourself?'"

By embedding those sentiments and feelings within yourself, says Belton, the more likely they are to become part of your reality.

## Focus on the positive

Around 25% of all resolutions fail within a month, research has found, because "they focus on giving something up rather than on what you'll gain instead", says Roberts.

They key to success, she says, is in framing your goal positively.

"If you want to lose weight, word your goal to be 'increasing your health' or 'gaining a new

image', not 'I will stop eating chocolate'. If you hear yourself saying 'I should' or 'ought to', work out if you really want the change or just think that others will perceive it's the right thing to do. Choose what change is right for you, and you'll have much more chance of success."

Another key trick is to ignore the 'voice of the saboteur' - the niggling interior monologue which wants you to fail, says Belton.

"I always ask my clients what that voice says, and who the voice is: It's usually a parent or teacher from the past.

"Give that voice a name and figure out what he or she likes doing in their spare time. If she likes knitting, then send her off knitting whenever she feels like telling you that you're going about things the wrong way. You'll find that you can then get on with your resolution more easily."

But remember that saboteurs don't always come from within.

"Some people like it that you overeat or smoke and can be our greatest enemies when it comes to making a change," adds Belton. "So be aware of any negative sentiment from friends or family, and

rise above it."

## Forgive yourself

Old habits are always hard to break, so try not to beat yourself up if you fall off the wagon.

"If your resolution is to eat more healthily, just because you don't eat your five fruit and veg on day one doesn't mean that you can't eat them on day two," says Roberts. "Learn from your 'failure' instead. Perhaps five-a-day is too much all at once, so try eating three-a-day and working up from there."

## Get help if you need it

Learning new habits can be like learning a whole new language, so remember that you can make it easy for yourself and ask for help.

"Get any help you can," says Belton. "People too often try to be brave and fall down without getting the help they need."

Help can come privately or even from the NHS: Those looking to quit smoking can try out [smokefree.nhs.uk](http://smokefree.nhs.uk), for example, while those hoping to cut back on their alcohol intake can get tips and ideas from [www.drinkaware.co.uk](http://www.drinkaware.co.uk)

## Reward yourself

Making any positive change to



Resolve to have a healthier lifestyle.

your behaviour deserves to be both acknowledged and rewarded, say both Belton and Roberts - as you'll then encourage yourself to continue on in

your good behaviour.

"But if you're losing weight, don't make that reward food. Or if you've stopped smoking, don't make the reward booze," advises Roberts. "You don't

want to replace one bad thing with another. But you do want to commend yourself for a job well done, and make yourself happy as a treat."

Kate Hodal



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### What Lies Ahead?

SIR, Many congratulations on your headline on the front page of this week's The Portugal News! What an apposite *double-entendre*, which could be employed not only as a title for any political party's election manifesto, Downing Street press release or Treasury forecast, but to the infamous Lisbon Treaty itself. More of the same, please!

MICHAEL BAUGH, By e-mail

### What Lies Ahead? 2

SIR, Those responsible for your headline, 2010—What Lies Ahead?, with its unintended double meaning will almost certainly come in for bit of gentle leg pulling this week over such a delicious proof reading gaffe. But they should not feel too embarrassed—it happens all the time, as the following selection of items collected over the years demonstrates:

- March Planned For Next August
- Blind Bishop Appointed To See
- Lingerie Shipment Hijacked—Thief Gives Police The Slip
- L.A. Voters Approve Urban Renewal By Landslide
- Patient At Death's Door—Doctors Pull Him Through
- Latin Course To Be Cancelled—No Interest Among Students, Et Al.
- Diaper Market Bottoms Out
- Stadium Air Conditioning Fails—Fans Protest
- Queen Mary Having Bottom

### Scraped

- Antique Stripper to Display Wares at DIY Store
- Prostitutes Appeal to Pope
- Lawyers Give Poor Free Legal Advice

- Juvenile Court to Try Shoot-Infendant

- Killer Sentenced to Die for Second Time in 10 Years

- Autos Killing 110 a Day—Let's Resolve to Do Better

- 20-Year Friendship Ends at Altar

- Cold Wave Linked to Temperatures

- Blind Woman Gets New Kidney from Dad She Hasn't Seen in Years

RONLAVERY, Bye-mail

### Reply to Mr. & Mrs. Connolly-Hurley

SIR, I was so upset to read the letter last week from Mr. and Mrs. Connolly-Hurley concerning the Donkey Sanctuary calendar.

During three months of exacting, hard work last year I arranged the production of this calendar, from the photography, persuading friends to become models, the design and the printing to obtaining local business financial support.

This was my first attempt at anything like this and I was very proud of the final product.

I have received many comments since the calendar appeared, mostly complimentary, others more negative. However, I have been very happy to take on all constructive criticism.

But your attack, Mr. and Mrs.

Connolly-Hurley, I find quite reprehensible and unfounded. I am just at a loss as to what offence you could possibly take. I appear in the calendar, as do my friends; we are all aware that perhaps we would be mistaken to give up our day jobs in favour of a career in modelling, but come on—we don't look that bad, do we?

Your comment "Pirelli girls they are not" is just rude, ignorant and objectionable. Perhaps you have a secret collection of such calendars that you use as a reference source?

I have been heartened by the support that I have received since your obnoxious letter; all positive, as are the three letters that appeared in these columns the following week.

Eight years ago when I moved

and a black pig that I rescued from a fate worse than death. I work with the Nandi Fund and in the past six months have found homes for over thirty stray cats.

You, Mr. and Mrs. Connolly-Hurley purport to support animals charities—what exactly do you do that gives you the right to attack others who actually put themselves out to make a difference, just because your very narrow morals and antique way of life has been offended?

You will, no doubt be delighted that thanks to you two and your pathetic, closeted outlook I will not bother to put myself through the time-consuming, hard work and effort involved in producing something similar next year.

Perhaps you and your partner

### Earthquake in Haiti

The corpses look like they have been flung down from the sky, rejected by god for being too poor. Broken limbs and stillness in the dust. There is a groundswell of a cry, a primitive anger that has nowhere to go, but inwards eating the victims of injustice like a virulent cancer. We are religious people who do our Ave Marias and voodoo on the side. We pray to god and saints, so why this devastation? Long deep trenches, a place for obese bodies, many with hands stretching skywards as if asking why did you forsake us? And as always heaven is silent, yet in the absence of hope and the rumour of an angel walking amongst the poor blessing them, there is hope. But more bodies fall, rejected by the heavens; and our bishop is dead too. The cries of anguish will tear us apart till we lose our reason, sink to our knees and pray to a god that knows no mercy; as cadavers keep falling from an indifferent sky.

J. O. H.

here I was dismayed at some of the treatment afforded to animals and I determined to try to make a difference in some small way.

Since then I have virtually given up my profession as a hairdresser; I undertook an extensive course in dog grooming. I own Dapperdogs (Lagos) and have a similarly qualified associate in Dapperdogs (Portimão). I have a cattery; have five dogs, six cats

could devise some kind of Puritan campaign to replace the income that the Sanctuary will miss out on next year?

ALISON CASTANHEIRA, Lagos

### Refugio's calendar

SIR, Well well well, I am a 65yr old grandmother and have just found a mucky mac to go with my mucky calendar hanging in my

mucky kitchen, no not in the garage where according to the Connolly-Hurleys it should be hanging. How any one could, in this day and age be offended by such an artistically presented calendar I'll never know, I can only presume it is their mucky minds that harbour the offensive thoughts because it certainly is not the photographs. In my mind it is far more offensive to come across semi-naked sweaty bodies of both sex in amongst the fruit and veg of supermarkets during the summer months, that would give them reason to complain, not beautiful girls in a calendar, doing their best to make money for a charity. (Miss June you are beautiful!)

I too have made a successful calendar, many moons ago raising a lot of money and was only too pleased to sell to garages, shops, bars fireman police vicars, in fact any one that would buy one, just to make money for our designated charity. All I can say is good luck all you calendar girls, may December take a long time coming.

RED HOT GRANNY (long time resident), Lagos

### Response to Refugio dos Burros letters

SIR, I have just a couple of comments—first, the initial letter was from "Maureen & John Connolly-Hurley" but the letter was entirely in the first person singular so was this Mr. or Mrs. C-H imposing their views on the other?

Secondly, why the hubris? I don't find it offensive that women want to take their clothes off for calendars, just boring and predictable! The Yorkshire WI group who did this years ago have a lot to answer for as it seems that whenever a themed calendar is required now the first thought is "Let's get our kit off".

I agree that it would be reasonable to expect pictures of donkeys in a calendar for a donkey sanctuary, but I really think that Mr. and Mrs. C-H have taken their views to extremes.

DAVID FRASER, Alcantarilha

### Climate change

SIR, It has been quite interesting (and humorous) to read all the recent letters about climate change. At the end of the day, all we have are theories, and nobody can absolutely prove any of them. I think virtually everybody would agree, however, that man has had a substantial (negative) impact on the planet.

Instead of just arguing and writing letters about it, what are you doing about it? I would like to challenge everybody to do something to improve the environment. One of the more important things you could do is to join Limpar Portugal, a movement to raise environmental awareness here in Portugal as we strive to "Vamos limpar a floresta portuguesa um só dia", or "Let's clean the Portuguese forests in only one day". I think we all have

a responsibility to make things a little better. I'm sure everybody reading this newspaper can afford to dedicate one day (20 March 2010) to help remove some of the trash here in Portugal. A few years ago, a similar organization was developed in Estonia, and they had 50,000 volunteers who removed more than 10,000 tons of trash in just one day! For more information, please go to <http://www.limparportugal.org/>.

Want to make a difference all year 'round? Check out the group I've created on Facebook entitled "Clean Beaches Lisbon / Praias Limpas Lisboa" - we strive to go out to all the beaches in the Lisbon area on a regular basis to remove the trash. We can always use help, as 8 million pieces of trash have been added to the world's oceans today alone.

K.C. CARLSON, 'Mãos à Obra', Monte Estoril

### Global warming

SIR, May I point out that I am not by any means in the minority of scientists in my views on global warming. I am in fact firmly in the majority camp on the subject. One of the problems is that government paid scientists have publicity teams to call on, the rest of us have scientific journals, which the general public don't read. The BBC covered the points I made in detail several years ago. See: <http://news.bbc.co.uk/2/hi/3869753.stm>.

The temperature of our planet alters in line with sunspot activity, which has been monitored since 1610. See chart at [http://en.wikipedia.org/wiki/Solar\\_variation](http://en.wikipedia.org/wiki/Solar_variation). There are several cycles of sunspot activity, but the 22 year cycle is the most studied. These cycles have caused long term changes in the planet's temperatures, the most prominent being the ice ages.

There have been five of these, the last ending about 8,000 years ago. The level of solar activity during the past 70 years has been exceptional, and the last period of similar magnitude occurred over 8,000 years ago. Work it out yourself.

There are smaller cycles, the latest being a mini-glacial occurring back in the eighteenth century. So it is perfectly natural for the earth to get warmer, and then colder, but the medium term trend has been out of the mini-glacial back to the temperatures seen in the Middle Ages, and the long term trend is towards a hotter planet as we come completely out of the last ice age.

One problem: the sun's activity was quite high up until about 2005, but it has dropped from 35 to 1 recently, hence the return to cold weather. See chart at: <http://wattsupwiththat.com/2010/01/07/sun-magnetic-index-reaches-unprecedented-low-only-zero-could-be-lower-in-a-month-when-sunspots-became-more-active/>

Sorry, I don't know what's gone wrong, but more cold weather appears to be on the way. JOHN CLARE, Arao

## Portuguese for Beginners

Emília Rosendo

160

### THIS LESSON:

Happy New Year for everyone.

Uma estação de rádio resolveu colocar duas perguntas aos seus ouvintes:

1. Como vai ser a sua passagem de ano?
2. O que espera no próximo ano?

Leia cinco das respostas dadas pelos ouvintes:

**António:** Este ano, com a crise, vou passar em casa com a família. Se calhar, depois do jantar, vamos sair para ver o fogo de artifício. Espero naturalmente um ano sem problemas financeiros.

**Luísa:** Eu e o meu namorado vamos para uma discoteca. Lá também vão estar os nossos amigos. Em 2010 eu quero fazer uma longa viagem.

**Diana:** Vou ficar em casa, pois tenho um problema que me impede de andar de um lado para o outro. O que eu quero mesmo é ficar boa.

**Pedro:** Este ano vou passar com uns amigos que vivem no Canadá. Há tempo que não nos vemos e estou muito ansioso por estar com eles. Sinceramente, não sei... talvez paz para o mundo

**Sónia:** Ainda não sei. Se calhar saio com alguns amigos e, sem destino certo, vamos à procura de sítios de diversão. Há sempre um. Gostava de conseguir dinheiro suficiente para comprar um apartamento e um carro só para mim.

### Quem disse o quê?

- a) Estou indeciso/a quanto à passagem de ano.
- b) Não tenho muito dinheiro para gastar com a próxima passagem de ano.
- c) Gostaria de conhecer outros países.
- d) Estou debilitado/a e, por isso, pouco entusiasmado/a com a passagem de ano.
- e) Sou sociável e adoro locais de diversão.
- f) Ter saúde é o mais importante.
- g) A tranquilidade a nível mundial é uma preocupação para mim.
- h) Vou viajar para me encontrar com amigos.
- i) Não fiz nem me preocupo em fazer grandes planos para a próxima passagem de ano.
- j) Gostava de ser mais independente.



# SUDOKU

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Answers next week.

	6			8			5				1		5		6		2			2					6				8
3											4						1					6	2		8	4			3
4		1	7		5	8					8			2														6	
			9	3		6	1				3			2		1						1	5						
		3										8					3					4		3			9		6
			2	9		8	6				6			7		3											3	2	
7		4	1		3	5					2				5							1							
5												3						4				8		4	3		9	7	
	1			7			3					8		3		7	6					5			4				9

## CODEWORD

Each number in the grid represents a different letter of the alphabet. Decipher the code to fill in the crossword. Three letters are already in place and the check-box and letters either side will help you keep track of progress.

M	I	S	H	A	P		P	T	E	M	P	L	E
T	H		I	R	A	T	E		E	A			
M	Y	O	P	I	A	R	A	M	Z				
T	V		N		T	U	R	B	O	J	E	T	
C	E		H	O	L	S		U	W				
C	A	L	S	O		A	O		Q	U	I	T	E
O			C	A	R	I	B	O		C	N		
F	L	I	C	K		I	L		E	V	E	N	T
F	N		E	V	A	S	I	O	N		Y		
I	N	L	A	T		T	G	C	O	A	X		
C	E		N		M	E	S	H		T	B		
E	N	T	H	R	O	N	E		T		A		
E	E	T		T		E	L	D	E	S	T		
A	A		E	L	A	T	E		N	H			
T	R	I	P	O	D		L	P	L	E	D	G	

Last weeks solutions:

7	2	8	5	3	1	4	9	6	5	8	7	9	6	1	4	3	2	7	1	3	2	6	5	9	8	4
3	5	9	7	6	4	2	8	1	9	2	4	7	8	3	1	6	5	5	9	8	7	3	4	1	2	6
6	1	4	8	9	2	3	5	7	3	1	6	5	2	4	8	7	9	2	6	4	9	1	8	3	7	5
1	3	6	9	5	7	8	2	4	7	5	8	3	4	9	2	1	6	4	3	7	5	8	6	2	1	9
2	4	7	1	8	3	5	6	9	1	9	2	8	5	6	7	4	3	6	5	9	1	7	2	8	4	5
8	9	5	2	4	6	7	1	3	4	6	3	2	1	7	5	9	8	1	8	2	4	9	3	5	6	7
4	7	2	6	1	8	9	3	5	8	7	9	1	3	2	6	5	4	9	7	6	3	2	1	4	5	8
5	8	1	3	7	9	6	4	2	6	3	5	4	7	8	9	2	1	8	2	5	6	4	9	7	3	1
9	6	3	4	2	5	1	7	8	2	4	1	6	9	5	3	8	7	3	4	1	8	5	7	6	9	2

## PRIZE CROSSWORD 1045

- ACROSS**
1. Too (4)
  3. Flogging (8)
  8. Calm (4)
  9. Killer (8)
  11. Achieved (12)
  13. Embrace (6)
  14. Floor covering (6)
  17. Peerless (6,2,4)
  20. Disturbed (8)
  21. Stronghold (4)
  22. Scatter (8)
  23. Repair (4)

We have five packs in Portuguese, two in Spanish and one in Italian for the winners of our Prize Crossword. Please state which one you would like. Choice is based on first come first served and will be posted to the sender of the first correct solution opened next Thursday. Solutions to: The Portugal News Crossword N° 1045, Apt. 13, 8401-901 Lagoa. Be sure to enclose your name, address and phone number.

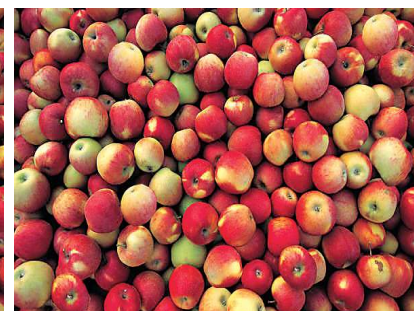
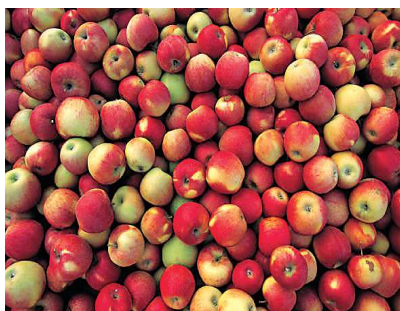
## WORDSEARCH

Y	Q	Z	H	C	O	N	C	L	U	D	E	S	X	S
E	Z	S	S	E	I	R	A	T	E	R	C	E	S	U
I	U	N	K	N	O	W	N	H	C	T	A	M	P	C
C	R	T	C	O	M	M	U	N	I	S	T	Q	R	C
E	O	T	D	I	S	P	U	T	E	X	U	D	O	T
I	I	N	D	I	F	F	E	R	E	N	C	E	J	W
R	I	E	S	A	G	I	T	A	T	I	O	N	E	X
E	A	M	E	E	E	U	W	T	I	V	R	L	C	G
D	P	U	G	O	R	C	H	E	S	T	R	A	T	L
N	G	R	A	Z	S	V	N	A	G	S	C	T	I	E
E	S	T	R	S	V	U	A	A	N	F	K	R	O	A
F	Z	S	U	S	K	C	U	T	V	S	H	R	N	V
E	L	N	O	I	C	K	B	D	I	D	W	E	S	I
D	B	I	C	I	X	C	Q	S	U	V	A	E	P	N
G	N	I	T	S	R	U	B	I	T	Z	E	S	R	G

LEAVING, ANSWER, INSTRUMENT, UNKNOWN, MATCH, DISPUTE, COURAGE,  
ADVANCE, AGITATION, BURSTING, CONSERVATIVE, COMMUNIST, DEFENDER,  
ORCHESTRA, SECRETARIES, CONCLUDES, PROJECTIONS, INDIFFERENCE

## SPOT THE DIFFERENCE

See if you can find 6 differences between the two photos.

[Last weeks solutions](#)

Across: 1 Dead certain; 9 Earlier; 10 Rover;  
11 Overt; 12 Emotion; 13 Steady; 15 Defect;  
18 Regular; 20 Claim; 22 Track; 23 Pattern;  
24 Bernard Shaw.

Down: 2 Eerie; 3 Drifted; 4 Earned; 5 Torso; 6 Invoice; 7 Demonstrate; 8 Bring to mind; 14 Engrave; 16 Excites; 17 Proper; 19 Liken; 21 Arena.

*Last weeks winner: Geoff Beeson. Sertã*



Last week's solution:



# Government, Industry & Commerce in Portugal are waiting to hear what you think

## 2010 ANNUAL SURVEY

1. Sex  
☐ Female      ☐ Male
2. Age Group  
☐ Under 20      ☐ 20 - 35  
☐ 35 - 50      ☐ 50 - 65  
☐ 65 +
3. Are you  
☐ Single      ☐ Married  
☐ Divorced      ☐ Widowed  
☐ Other
4. Are you  
☐ Eastern European  
☐ Northern European  
☐ Northern American  
☐ Scandinavian  
☐ British  
☐ Other
5. Do your children go to a  
☐ Portuguese school  
☐ International school
6. Are you in Portugal  
☐ Permanently  
☐ Semi-Permanently (more than 6 months a year)  
☐ Temporarily (less than 6 months a year)  
☐ On holiday
7. Where do you live in Portugal?  
☐ Algarve      ☐ Alentejo  
☐ Lisbon area      ☐ Central Portugal  
☐ North & Oporto  
☐ Other
8. Are you  
☐ Company Owner/Director  
☐ Self Employed  
☐ Employed      ☐ Retired  
☐ Student      ☐ Other
9. Which is your primary bank in Portugal (tick one only please)  
☐ Banif      ☐ Barclays Bank  
☐ BES      ☐ BIC  
☐ Popular      ☐ BPI  
☐ BPN  
☐ Caixa de Crédito Agrícola  
☐ Caixa Geral de Depósitos  
☐ Finibanco      ☐ Millennium BCP  
☐ Montepio Geral  
☐ Santander Totta  
☐ None/Other  
**Satisfaction rate (5 is best)**  
☐ 01   ☐ 02   ☐ 03   ☐ 04   ☐ 05
10. Do you only bank in Portugal  
☐ Yes      ☐ No
11. On average how often do you fly each year?  
☐ 1 - 6 times      ☐ 7 - 12 times  
☐ 12 times or more
12. What make is your car?  
☐ Audi      ☐ BMW  
☐ Chrysler      ☐ Citroen  
☐ Fiat      ☐ Ford  
☐ Honda      ☐ Hyundai  
☐ Kia      ☐ Landrover  
☐ Lexus      ☐ Mazda  
☐ Mitsubishi      ☐ Nissan  
☐ Opel      ☐ Peugeot  
☐ Renault      ☐ Rover  
☐ Saab      ☐ Skoda  
☐ Smart      ☐ Suzuki  
☐ Toyota      ☐ Volkswagen  
☐ Volvo      ☐ Mercedes  
☐ No car/ Other
13. Do you plan to replace your car in  
☐ the next 12 months  
☐ the next 24 months  
☐ the next 36 months  
☐ Longer
14. Which phone operator do you use for your fixed line? (tick one only please)  
☐ Cabo Visão      ☐ World Telecom  
☐ Portugal Telecom      ☐ TV Cabo  
☐ Other  
**Satisfaction rate (5 is best)**  
☐ 01   ☐ 02   ☐ 03   ☐ 04   ☐ 05
15. Which operator do you use for your mobile phone? (tick one only please)  
☐ Vodafone      ☐ TMN  
☐ Optimus      ☐ OneFone  
☐ None  
**Satisfaction rate (5 is best)**  
☐ 01   ☐ 02   ☐ 03   ☐ 04   ☐ 05
16. What is your favourite supermarket?  
☐ Aldi      ☐ Apolónia  
☐ Continente      ☐ Eleclerc  
☐ Feira Nova      ☐ Intermarché  
☐ Jumbo      ☐ Lidl  
☐ Modelo      ☐ Mini Preço  
☐ Pão de Açúcar      ☐ Pingo Doce  
☐ Other
17. Are you a regular reader of **The Portugal News**?  
☐ Yes      ☐ No
18. Do you think **The Portugal News** is generally  
☐ Very good      ☐ Good  
☐ Satisfactory      ☐ Poor
19. Over the past year, do you think **The Portugal News** has  
☐ Improved  
☐ Stayed the same  
☐ Deteriorated
20. What other publication do you read regularly in English?  
☐ Resident      ☐ Goodlife  
☐ Other
21. How do you perceive Portugal's Government and Prime Minister?  
☐ Improving      ☐ Stable  
☐ Deteriorating      ☐ No opinion
22. How do you perceive Portugal's economy?  
☐ Improving      ☐ Stable  
☐ Deteriorating      ☐ No opinion
23. What importance do you think the Government puts on the foreign community in Portugal?  
☐ Good      ☐ High  
☐ Poor      ☐ Low
24. Bureaucracy in Portugal is it:  
☐ Easier  
☐ Stayed the same  
☐ Getting worse  
☐ No opinion
25. Starting and running a business in Portugal - Do you think it is  
☐ Difficult and time consuming  
☐ Improving, but still not easy  
☐ Much better and easier  
☐ No opinion
26. As a consumer in Portugal how do you feel the Retail industry considers foreigners as clients?  
☐ Important  
☐ Of some importance  
☐ Not important  
☐ No opinion
27. In your opinion over the last year the National Health Service in Portugal has  
☐ Improved  
☐ Stayed the same  
☐ Deteriorated  
☐ No opinion
28. Which airline do you use most for your flights  
☐ BA      ☐ Easy Jet  
☐ First Choice      ☐ Flybe  
☐ Monarch      ☐ Ryanair  
☐ TAP      ☐ Thomas Cook  
☐ ThompsonFly      ☐ Aer Lingus  
☐ Other
29. What made you choose Portugal as a destination? Please choose 3 answers in order of importance, and number 1 to 3  
☐ Climate  
☐ Beaches  
☐ Golf facilities  
☐ Ease, cost and availability of flights  
☐ The Portuguese people  
☐ Property prices more competitive than other locations  
☐ Quality of life  
☐ Good security, feeling of safety  
☐ Cost of living  
☐ No language problems as English widely spoken  
☐ Portugal is a more exclusive destination
30. Are you aware of resident friends or associates returning to Northern Europe in the last year, if yes, why  
☐ Cost of living has risen  
☐ Health care concerns  
☐ Death of partner  
☐ Property prices  
☐ Exchange Rate  
☐ Other

If you thought your opinion didn't count in Portugal, think again.

Last year *The Portugal News* published a yet more extensive survey conducted for the opinions of the foreign community. The result? Your views were revealed to the press and the subject was covered by every major newspaper and TV station. These were not just small articles, but pages and double pages, and the coverage continued throughout the year with the survey enjoying several airings on TV. And we know that various entities in Portugal took note, with some taking action, proving that your opinion DOES COUNT.

This year we plan to survey even more of your opinions, but we need **YOUR** help. What do **YOU** think about Portuguese bureaucracy, the ease of setting up a business, the health service, local commerce, Government? Here is your chance to express your views and be heard!

Please fill in the questionnaire, and be sure to fill in the **SATISFACTION RATE** on your bank, services, etc. If you are receiving poor service, say so! 5 is the best, 1 is the worst.

Please return the survey to **The Portugal News**, Apartado 13, 8401-901 Lagoa, send by fax to 282 341201 or call free phone 800 507 878 and give the operator your answers. All your answers are confidential.

Thank you for your help - Your opinion DOES count!

Call freephone 800 507 878

if you would like to answer the questionnaire over the phone.



# Liverpool comes of age

Why the legend of The Beatles and their global impact on the 1960s burns brighter than ever, nearly half a century on, in Liverpool.

The children were silent as they stepped into the tiny cellar. They looked with awestruck eyes towards the stage as the opening chords of A Hard Day's Night belted out around the pillars.

This full-size replica of The Cavern Club, and the Abbey Road studio where a certain beat combo recorded their first single with sceptical producer George Martin, are highlights of The Beatles Story exhibition in Liverpool's resplendent Albert Dock.

Although the home of the world-conquering Merseybeat sound has two magnificent cathedrals on the hill above its waterfront, this tribute to the Fab Four is probably the pilgrimage that today's children will recall from a visit to this absorbing city.

Liverpool's reign as European Capital of Culture 2008 drew 15 million visitors to cultural events and big attractions, generated £800 million for the local economy, and established Liverpool as the biggest draw to foreign visitors outside London - with tourist numbers up nearly

190% since 2000.

Now a string of new hotels, for all tastes and pockets, lines the waterfront alongside the 'Three Graces' - the Liver, Cunard and Port of Liverpool buildings, all iconic landmarks depicting the city's greatness in the 19th century.

Our base was Jurys Inn Hotel, next door to both the Albert Dock - named a World Heritage site in 2004. A short walk away is the Liverpool One shopping centre, a £1 billion scheme which has turned five acres of urban dereliction into such a dazzling array of designer names and quality shops that I fear for the rest of the city's traders.

Although the Jurys Inn chain is sometimes found in the budget hotel sector, it is more comfortable than that, with a large bar area and restaurant busy far into the evening, and plenty of staff keen to talk about the city.

Fortified by sturdy English breakfasts, we emerged each morning on the quayside, clutching our plastic Liverpool mini-break cards for free and dis-

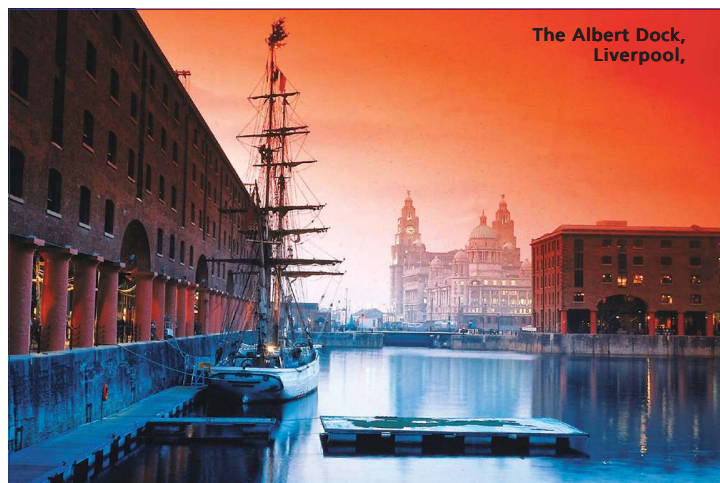
counted entry to top attractions, and special offers on travel, dining and leisure across the city.

To pack the key sights into a short stay, get 24-hour tickets for the 'Hop on, hop off' sightseeing bus which takes in The Cavern, Cathedrals, Chinatown, Albert Dock, Mersey Ferry terminal, the Walker Art Gallery and the Tate Liverpool. A bargain at £8/€9 per adult, £4/€5 per child.

To explore the Liverpool of the past, we headed for the remarkable Maritime Museum, which has astonishing tales of the bitter struggle between the Merchant Navy and Nazi subs in the frozen wastes of the Atlantic in the Second World War.

Equally moving are the deckchairs and cushions plucked from the sea as hundreds were swept to their death in the notorious sinking of the Lusitania by a German submarine in the First World War.

In the same building, the International Slavery Museum details the role of prominent Liverpool-based merchants among exhibits which include original shackles,



The Albert Dock, Liverpool,

chains and instruments used for slave punishment.

Outside our hotel, a mini-bus service by the National Trust took visitors to the terraced house in the suburb of Woolton where John Lennon spent his early years in the care of his Aunt Mimi, and also to the childhood home of Sir Paul McCartney.

Next morning, as a taxi whisked us up Scotland Road, I was suddenly going back to the Liverpool of grim terraces that I recalled from 35 years ago - though I would not have dreamed then that a shirt carrying the name of star striker Fernando Torres would sell for £99.50/€113 in the club's souvenir shop, with no lack of takers. Back in the 1970s, that was almost a deposit for a house!

Premier League match-day breaks arranged by Thomas Cook Sport feature an entertaining build-up to kick-off: a hot or continental breakfast; a gift (mine was a leather Liverpool FC wallet); a tour of the ground and its impressive museum before the crowds pour in. The fan's pride in their club and captain Steven Gerrard burns as brightly as ever.

Next day, alas, there wasn't time for much more than a sprightly walk around the Georgian and early Victorian terraces of Liverpool 8, the historic centre of the city. Some of the oldest streets were saved in the Liverpool One project. The terraces of Rodney, Canning, Percy and other streets are so well-preserved that Liverpool has its own book in the Pevsner guides to Britain's historic buildings.

In truth, there is little reason for leaving this Magical Mystery Tour before you see all you wish to see.

In the evening, of course, it's time to explore Liverpool's nu-

merous pubs, clubs and places to eat. The Monro is a gastropub, while Alma de Cuba, inside the conversion of the former Catholic Church of St Peter's, is among the most popular bars. Liverpool nightlife is, and always has been, in a class of its own.

## Travel facts

Jeremy Gates was a guest of Jurys Inn Liverpool, which offers double rooms from £67/€76 per night. Jurys Inn Liverpool reservations: 00 44 (0)151 244 3777 and [www.jurysinns.com](http://www.jurysinns.com).

Thomas Cook Sport Liverpool Match Breaks for Europa League and Premier League games start at £119/€135 per person, including accommodation, match ticket and programme. Thomas Cook reservations: 00 44 (0)870 7520924 and

[www.thomascooksport.com](http://www.thomascooksport.com).

Destination details: The Merseyside Partnership (00 44 (0)151 2272727 and [www.merseyside.org.uk](http://www.merseyside.org.uk)) publishes the Liverpool & City Region Visitor Guide, with lots of information also available on [www.VisitLiverpool.com](http://www.VisitLiverpool.com), where you can also book accommodation.

Seventeen of England's top cities have formed the partnership of Citybreaks.org.uk as a one-stop shop providing information about latest events, attractions, insider ideas, travel links, hotel discounts and free information packs delivered to your door.

Jeremy Gates

(Past reviews can be seen on our travel website at: [www.travel-the-news.net](http://www.travel-the-news.net))

A replica of The Cavern Club, at The Beatles Story exhibition, Liverpool.



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# Processionary Caterpillars



The pine processionary caterpillar, is found in several European countries. It usually lives in

pine/oak forests or on single-standing pine/oak trees. Caterpillars are usually three to four



Note—a warning. These were seen at Porto this weekend. This is very early for them to be spotted so please be on the lookout.

centimeters long, brown and hairy. At the start of spring the caterpillars come out of round, white, fuzzy nests built in trees (normally property owners will burn these nests if they see them) and travel down the tree and across the ground in single file, sometimes stopping in writhing circles. This phenomenon will continue well into the summer.

These caterpillars are extremely dangerous as they "burn" the flesh of any animal, child or person that touches them.

A small animal can die from the burn on contact. If a pet comes in to contact with these caterpillars it is advisable to seek veterinary assistance immediately.

They are very dangerous to everyone, especially our animals and small children. Take extra care and be on the lookout.

To advertise on this page

sales@the-news.net

## Sacha needs a home



SASHA is 7 years old and her owners moved to Dubai this week. They could not take her with them and are very upset for not being able to take her with them...

Sasha is now living in an apartment with a friend and she needs a proper home.

She likes cats, other dogs and loves children. She has hip dysplasia and cannot walk for long

or far but still needs more space than an apartment can offer.

She will have a lot of her expenses covered (such as her medication for dysplasia) by the owner that has gone to Dubai. She is sterilised and fully vaccinated.

Due to the law for dangerous dogs, she has to be insured which

again the owner will cover as I understand it. She will come with all her things, including a muzzle which this breed has to wear when walking outside. She doesn't like to wear the muzzle because it stops her from giving kisses but it is the law!

She is a very nice dog that would settle easily into a new home. Your help on rehoming or spreading the word to a friend or to a friend of a friend will be very much appreciated by this wonderful dog.

All information about Sasha can be found on her blog - <http://rehomingsasha.blogspot.com/> If you would like more details please call or e-mail Helena as shown below.

Contact: Helena Sá on telephone number 914 532 300 / email: [barlaventoballoons@yahoo.co.uk](mailto:barlaventoballoons@yahoo.co.uk) Thank you.

## Hi There !

SAMMY is a 3 month old cross between a Husky and a German Shepherd. He is a sturdy chap with an absolutely wonderful temperament - confident, affectionate and very sociable. He is already well used to other dogs and cats and is housetrained. His first vaccination to be done shortly. Tel: 282 332 621



Seven dogs 4 months old found in Sesmarias, Carvoeiro. They will be small size. They have been in a foster home since they were 4 weeks old. They are healthy and have been vaccinated. If you want a puppy or know anyone who does, please call Elaine: 962 601 925



About 6/8 weeks. Urgently needs a good loving home. will be a small dog. Please call 935432221



Found abandoned on the road at Salgados on Saturday. she is very confident and trots around by herself very well.



MOLLY has a lot of energy, but is a gentle and loving dog. Molly needs a home with a big fenced in garden and someone who likes walking. She travels well in the car, is very quiet and is never destructive. She likes children and other dogs. She is fully vaccinated, sterilised and has a microchip. She is about 2 and a half years old. If you can help, please e-mail Chris on the following e-mail or call me, Michele on 919 457 263 - [lynetchris@gmail.com](mailto:lynetchris@gmail.com)



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Serin is a 1 year old spayed female. She is fully wormed and vaccinated and is an adorable natured dog. Because of the owners ill health, she has had to make the hard decision to find a good home for Serin. Serin is used to living with other dogs and cats. Contact Julie 917152209



RUBY, a small poodle of one year old entered the vet after an accident. He survived and is well, but his front leg needed to be amputated. Knowing this, the owner refused to take the dog back. The dog stayed at the vet and soon is coming to our shelter. He is small, friendly, vaccinated and can be castrated. He can still have a long quality life and this is why we are looking for a home for him. Please contact us at: [sesimbra.bianca@gmail.com](mailto:sesimbra.bianca@gmail.com) or see more pictures at [www.bianca.pt/english](http://www.bianca.pt/english) Don't forget to buy our Calendars 2010!

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**Alvin & the Chipmunks 2**  
Jason Lee, Zachary Levi  
(10.40 Sat & Sun) 13.35
- 2** **The Twilight Saga: New Moon**  
Kristen Stewart, Robert Pattinson  
13.00
- Nine**  
Daniel Day-Lewis, Marion Cotillard  
16.05-18.40-21.20 (00.20 Thu-Sat)
- 3** **Thick as Thieves**  
Morgan Freeman, Antonio Banderas  
14.45-17.05-19.25-21.50 (00.20 Thu-Sat)
- Arthur et la vengeance de Maltazard**  
Animation PV  
(10.00-12.15 Sat & Sun)
- 4** **Did You Hear About The Morgans?**  
Hugh Grant, Sarah Jessica Parker  
(12.20 Sat & Sun) 14.40-17.00-19.20-21.40 (00.05 Thu-Sat)
- 5** **Up In The Air**  
George Clooney, Vera Farmiga  
(11.45 Sat & Sun) 14.10-16.35-19.00-21.30 (00.00 Thu-Sat)
- 6** **Avatar**  
Sam Worthington, Michelle Rodriguez  
14.30-17.45-21.00 (00.10 Thu-Sat)
- Up**  
Animation PV  
(11.00 Sat & Sun)
- 7** **Staten Island**  
Vincent D'Onofrio, Ethan Hawke  
13.05-15.15-17.25-19.35-21.45 (00.25 Thu-Sat)
- G-Force**  
Animation PV  
(10.10 Sat & Sun)
- 8** **Where the Wild Things Are**  
Max Records, Catherine Keener  
(10.40 Sat & Sun) 12.55
- Alvin & the Chipmunks 2**  
Jason Lee, Zachary Levi  
17.20
- Old Dogs**  
John Travolta, Robin Williams  
15.10-19.30-22.00 (00.30 Thu-Sat)
- 9** **Planet 51**  
Animation PV  
(10.20-12.30 Sat & Sun)
- The Road**  
Viggo Mortensen, Kodi Smit-McPhee  
14.35-17.10-19.40-22.05 (00.35 Thu-Sat)

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**21 JAN-27 JAN**

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13.15-15.15-17.15-19.15-21.45 (23.50 Fri & Sat)
- 2** **Avatar**  
Sam Worthington, Michelle Rodriguez  
13.00-16.30-21.10 (00.25 Fri & Sat)
- 3** **Thick as Thieves**  
Morgan Freeman, Antonio Banderas  
13.30-16.20-18.50-21.35 (00.00 Fri & Sat)
- 4** **Alvin & the Chipmunks 2**  
Jason Lee, Zachary Levi  
13.10-15.10-17.10-19.10-21.15 (23.55 Fri & Sat)
- 5** **Planet 51**  
Animation PV  
13.05-15.40 Sat & Sun
- The Road**  
Viggo Mortensen, Kodi Smit-McPhee  
13.05-15.40-18.10-21.00 (23.30 Fri & Sat)
- 6** **Nine**  
Daniel Day-Lewis, Marion Cotillard  
13.20-15.50-18.30-21.40 (00.20 Fri & Sat)
- 7** **Sherlock Holmes**  
Robert Downey Jr, Jude Law  
12.50-15.30-18.20-21.20 (00.10 Fri & Sat)

- 8** **Up In The Air**  
George Clooney, Vera Farmiga  
13.40-16.10-18.40-21.30 (00.05 Fri & Sat)
- 9** **Did You Hear About The Morgans?**  
Hugh Grant, Sarah Jessica Parker  
13.50-16.00-18.25-21.25 (23.40 Fri & Sat)

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**21 JAN-27 JAN**

- 1** **Sherlock Holmes**  
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13.10-15.40-18.20-21.10 (23.50 Fri & Sat)
- 2** **Agora**  
Rachel Weisz, Max Minghella  
13.20-15.50-18.30-21.30 (00.00 Fri & Sat)
- 3** **Julie & Julia**  
Meryl Streep, Amy Adams  
13.30-16.00-18.50-21.50 (00.20 Fri)
- Alvin & the Chipmunks 2**  
Jason Lee, Zachary Levi  
13.30-15.30-17.30-19.30-23.30 Sat & Sun
- 4** **Did You Hear About The Morgans?**  
Hugh Grant, Sarah Jessica Parker  
13.50-16.20-18.40-21.00
- Avatar**  
Sam Worthington, Michelle Rodriguez  
(23.30 Fri & Sat)
- 5** **Avatar**  
Sam Worthington, Michelle Rodriguez  
13.00-16.30-21.20
- 6** **Up In The Air**  
George Clooney, Vera Farmiga  
13.40-16.10-19.00-21.40 (00.10 Fri & Sat)

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**Film Classification**

- Up In The Air - M/12  
Staten Island - M/12  
Nine - M/12  
Thick as Thieves - M/12  
Das Weisse Band - M/12  
The Broken - M/12  
Where The Wild Things Are - M/6  
Did You Hear About The Morgans? - M/12  
Bright Star - M/12  
Sherlock Holmes - M/12  
Alvin and the Chipmunks 2 - M/6  
Avatar - M/12

M/4 - Four years and over  
M/6 - Six years and over  
M/12 - 12 years and over  
M/16 - 16 years and over  
M/18 - 18 years and over

**Title: UP IN THE AIR**

**Genre: Comedy | Drama |**

**Romance**

**Stars: George Clooney, Vera**

**Farmiga, Anna Kendrick, Jason**

**Bateman**

**Director: Jason Reitman**

**Synopsis:** From the Oscar-nominated director of *Juno*, comes the timely odyssey of Ryan Bingham (Oscar winner George Clooney), a corporate downsizer and consummate modern business traveller who, after years of staying happily airborne, suddenly finds himself ready to make a real connection.

When he falls for a fellow traveller (Vera Farmiga), Ryan's boss (Jason Bateman), inspired by a young, upstart efficiency expert (Anna Kendrick), threatens to permanently call him in from the road. Faced with the prospect, at once terrifying and exhilarating, of being grounded, Ryan begins to contemplate what it might actually mean to have a home.



**Title: Staten Island**

**Genre: Crime | Drama**

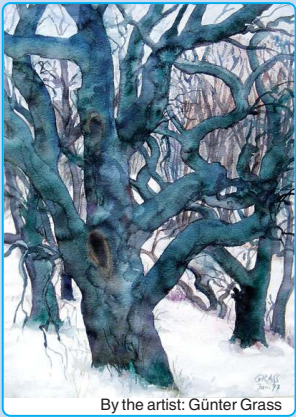
**Stars: Ethan Hawke, Vincent D'Onofrio, Seymour Cassel**

**Synopsis:** A septic tank cleaner, an ambitious mob boss, and a deaf-mute deli worker have two things in common, they are all searching for better lives and they all live in Staten Island - the forgotten borough of New York City. Once their lives intersect, nothing will ever be the same.





## HIGHLIGHTS



By the artist: Günter Grass

**ALMANCEIL - Until April 1 - Collective Exhibition by acclaimed artists at Art Gallery São Lourenço**  
David de Almeida, Manuel Baptista, Carlos Barão, Jean-Marie Boomputte, Saskia Bremer, Teresa Calém, Rafael Canales, Philippe Caisse, João Cutileiro, Gervásio, Günter Grass, José de Guimarães, Gil Maia, Juan

Martinez, Shintaro Nakaoka, Susan Norrie, João Paramés, A. R. Penck, Alfredo Garcia Revuelta, Bartolomeu dos Santos, Nuno Santiago, Georg Scheele, Antoni Tàpies, Glyn Uzzell - Centro Cultural São Lourenço - Open: 10h00 to 19h00 - 289 395 475 - e-mail: ccs@iol.pt - www.centroculturalsaolourenco.com



By the artist: Jean-Marie Boomputte



www.centroculturalsaolourenco.com

**ALMANCEIL - Concerts February 10 and 13 'Chopin by Candlelight' - Feb 10th - at 19h30pm: Piers Lane (piano) interpreting composers Schubert, Brahms and Chopin and Feb 13th - at 19h30pm: Piers Lane (piano) interprets composer Frédéric Chopin - Bookings through telephone number: 289 395 475 - Centro Cultural São Lourenço - e-mail: ccs@iol.pt**



As part of MC-Ministério de Cultura / dgARTES-Direcção Geral das Artes' financed structure with the support of Câmara Municipal de Lagos, the Academia de Música de Lagos (Lagos Music Academy), opens the project 'CA10-Concertos da Academia 2010' with a concert on February 5 at 21h30 at Centro Cultural de Lagos, by the Ricercare Choir, conducted by Pedro Teixeira, performing works by Portuguese composers from the 20th and 21st century. Academia de Música de Lagos - Rua Dr. José Cabrita - Rossio S. João - 282 082 786 / 919 804 662 - www.academiamusicalagos.net

## ALBUFEIRA

## UNTIL JANUARY 31

**Exhibition 'A More Ecological Christmas in Albufeira'**  
Pintor Samora Barros Art Gallery - 10h30 to 16h30 (Closed Sundays and public holidays) - www.cm-albufeira.pt

## CARVOEIRO

## JANUARY 29

**Phoenix Nites at Restaurant Monte Carvoeiro** - 19h00-19h30 - will include Nostalgic Music Dinner with the beautiful voice of local artist Rosina Lardi singing musical and film medleys accompanied by Michel Assis - Price €15 including wine - For choice of menu and tickets please contact 282 332 665 or 282 445 902 - All proceeds will be donated to Castelo de Sonhos

## FARO

## JANUARY 23

**Legendary Tigerman in concert at Teatro das Figuras** - 21h30 - €10 - 289 888 100 - www.teatromunicipaldeparo.pt

## JANUARY 30

**The Glass Menagerie by Tennessee Williams** - Figuras Theatre - 21h30 - 289 888 100 - www.teatromunicipaldeparo.pt

## LAGOA

## JANUARY 28

**Poetry Evenings at the Convent S. José at 21h30** - Free entrance

## LAGOS

## JANUARY 23

**New Year's Concert by the Sociedade Filarmónica 1º de Maio** - São Francisco Church - 21h00 - Civil Parish Council of São Sebastião

## DAILY

**Visit the new Charity Shop in Amadena** - Charity Shop in what was the old supermarket on the square past 'Brody' and 'O Poço' restaurants - 282 687 334 (LAPS - Lagos Animal Protection Society)

## LOULÉ

## DAILY

**Exhibitions at Chá d'Arte** - the art gallery is situated in the historic centre of Loulé

## MONCHIQUE

## JANUARY 23

**Writing Memoirs/Life Writing Workshop** - Bica Boa Café - All welcome - €10 - For more information or to reserve a place please contact Lisa on 962887680 or www.lisaselvidge.com

## OLHÃO

## JANUARY 30

**Theatre play for Children 'Canta o Galo Gordo' (The fat cockerel sings)** - Municipal Auditorium - 16h00 - 289 710 170

## SOUTH

## DAILY

**Art Exhibition at Galeria Corte Real** - Signposted from Ferreiras, Boliqueime & Paderne - 918 980 199 / 912 737 762

## PORTIMÃO

## JANUARY 23

**The Glass Menagerie by Tennessee Williams** - Grand Auditorium of the Municipal Theatre - 21h30 - 282 402 475 / 961 579 917 - www.teatromunicipaldeportimao.pt

## JANUARY 29 &amp; 30

**Jan Afonso Henriques' Theatre 'O Bando'** - Grand Auditorium of Municipal Theatre - 29th Jan: 14h00 and 21h30; 30th Jan: 16h00 (families) - 282 402 475 / 961 579 917 - e-mail: info@teatromunicipaldeportimao.pt / www.teatromunicipaldeportimao.pt

## UNTIL JANUARY 30

**'Spectrum' Exhibition by Filipe da Palma** - EMARP Art Gallery - 8h30 to 17h00

## S. BRÁS DE ALPORTEL

## JANUARY 23

**Opening of the Painting Exhibition by Stela Barreto and Sofia Barreto** - 18h00 at Zem Arte-Armazéns de Arte, Contemporary Art Gallery - The exhibition will run until March 3 -

## JANUARY 30

**New Year's Concert by Orquestra do Algarve** - Cinema-Theatre - 21h30 - www.orquestradoalgarve.com

## JANUARY 31

**Fado Evening** - Museu do Trajo - 21h00 - Org. by Friends of the Museum - 966 329 073 - www.amigos-museu-sbras.org

## SILVES

## JANUARY 24

**Country and Western Evening with Sue Wilson at The Silves Cine Theatre Club (Silves Cinema)** - Starts at 19h30 - Entrance: €6 - David: 282 330 242 / 968 335 856

## JANUARY 31

**New Year's March at 9h30** organised by Associação Recreativa e Cultural da Amadora (ARCA) - To join, please contact the Sports Division on 282 440 800 and 282 440 270

## TAVIRA

## JANUARY 30

**Charity Bazaar at Mercado da Ribeira** - 10h00 until 13h00 - Stalls include home baking, chutneys, herbs and spices, hand made soaps, jewelry, paintings, second hand clothes and books, bric-a-brac - Organised by The Tavira Fund Raisers in support of the Canil São Francisco at Loulé

## VILA DO BISPO

## JANUARY 23

**Concert by the Orquestra do Algarve** - Matrix Church - 21h00

## NORTH

## DAILY

**Serralves Foundation:** Visits to the exhibitions - Sat: 17h-20h; Sun: 12h-13h - to the architectonic spaces (museum & casa de serralves) Sun: 15h-16h - Visits to the park; Sun: 11h-12h - Visits are free on the purchase of an entrance ticket to the museum - Location: Rua D. João de Castro, 210 - T. 226 156 584 - www.serralves.pt

## CENTRE

## JANUARY 28 &amp; 29

**Concert by the Gulbenkian Orchestra conducted by Bertrand de Billy performing from Gustav Mahler Symphony n° 9 Calouste** - Gulbenkian Foundation - 28th: 21h00; 29th: 19h00 - Av. de Berna 45-A - T. 217 823 000

**JANUARY 29 TO FEBRUARY 7** João Soares, the well known TV Globo (Brazil) presenter with 'Remix em Pessoa', João Soares reading poetry by the acclaimed Portuguese Poet Fernando Pessoa 'Why Pessoa? Because Pessoa is essential' explains João Soares - Teatro Villaret - Avenida Fontes Pereira de Melo, 30 - 213 538 586

## JANUARY 31

**'Snow White in the Enchanted Forest'** - A creative fusion of beauty and skating in a fantastic realm of joy and colour in a show full of magic performed by a talented group of actors and professional skaters - 22h30 - Coliseu dos Recreios - Prices from €7.5 to €84 - Rua das Portas de Santo Antão, 96 - 213 240 580 - www.coliseulissboa.com

## SINTRA

## DAILY

**Leal da Câmara Museum** - Calçada da Rinha, 67, Rinha - Also has access through Algueirão Velho, Fiteiras and Meleças - 219164303 - Fax: 21 923 6150

## Lisbon Concerts

(Tickets: See details bottom page)



**Wars in Concert** - Sala Atlântico of Atlantic Pavilion - 21h00 - April 7 - Tokio Hotel - Welcome to Humanoid City Tour - Atlantic Pavilion's Sala Atlântico - 19h30

**January 23 - The Casualties at Music Box** - 20h00 - February 14 - Joss Stone performs at the Coliseu dos Recreios - March 14 - Spandau Ballet - Atlantic Pavilion 'Sala Atlântico' - 21h00 - March 22 & 23 - Star



Events may be cancelled, delayed or fail to live up to their billing. Send us your events to copy@the-news.net by Tuesday before publication.

TICKETS: Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night.

Websites: www.pavilhaoatlantico.pt / www.ticketline.pt / www.blueticket.pt / Phone numbers: Ticketline 707 234 234 / 707 780 000



9.00 Live European Tour Golf. The Abu Dhabi

THE  
APARTMENT  
SERVICE  
WORLDWIDE



## Sunday's Pick



Rock & Chips, BBC1, 9pm  
It's nearly 30 years since Only Fools and Horses first hit our screens, but the Trotters still hold a special place in viewers' hearts — the 2001 Christmas special was recently named the

highest-rated TV programme of the last decade. So, you can't really blame creator John Sullivan and the BBC for bringing Del Boy back again, but this time it's as we've never seen him before. No, he hasn't started paying tax, instead this new one-off comedy goes back to the 1960s, when the wheeler-dealer was still a winkle-picker clad teenager, his mum had yet to make her suspiciously long list of deathbed requests, and Rodney hadn't even been born. However, Nicholas Lyndhurst will still be making an appearance as Freddie the Frog. Robjohns, the art connoisseur and ex-con who makes a big impression on a certain Joan Trotter (Kellie Bright), who could be about to give her disapproving neighbours something to really gossip about. James Buckley from The Inbetweeners is the man with the slightly daunting job of following in David Jason's footsteps and playing the young Derek, while Phil Daniels also plays the cast as granddad. With Robert Dawes and Shaun Dingwall.

## BBC2

6.00 CBeebies: Big Cook Little Cook. (R) (T) 6.20 Clifford. (T) 6.35 Brum. (T) 6.45 Louie. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.15 Dennis and Gnasher. (R) (T) 7.25 Dennis and Gnasher. (R) (T) 7.40 The Basil Brush Show. (R) (T) 8.05 Jim. (R) (T) 8.30 Dan's House. (R) (T) 9.00 Tracy Beaker Returns. (R) (T) 9.30 Spirit Warriors. (T) 10.00 Something for the Weekend. (T) 11.30 Escape to the Country. (T) 12.15 All Saints. (T) 1.00 Figure Skating. (T) 2.30 Live Bowls. The World Indoor Championships final from Norfolk. (T) 5.05 Ski Sunday. (T) 5.55 FILM: The Terminal (2004). Comedy, starring Tom Hanks and Catherine Zeta-Jones. (T) 8.00 The Best of Top Gear. Jeremy Clarkson, Richard Hammond and James May present a compilation of their finest moments from the past year, featuring challenges and stunts. (T) 9.00 The Great Rift: Africa's Wild Heart. New series. Examining the geological forces that created Africa's Great Rift Valley.

## BBC1

6.00 Breakfast. (T) 9.15 Heir Hunters. (T) 10.00 Wanted Down Under. (T) BBC News: Weather. (T) 11.00 Britain's Empty Homes. (T) 11.30 Cash in the Attic. (T) BBC News: Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News: Weather. (T) 1.30 Regional News: Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News: Weather. Regional News. (T) 3.05 CBeebies: Big & Small. (R) (T) 3.15 Grandpa in My Pocket. (R) (T) 3.30 CBBC: What's New Scooby-Doo? (R) (T) 3.50 Oogies. (R) (T) 4.05 Sorry, I've Got No Head. (R) (T) 4.35 MI High. (R) (T) 5.00 Newsround. (T) 5.15 Weakest Link. General knowledge quiz, with Anne Robinson, in which members of the public answer questions in the hope of winning a cash prize. (T) 6.00 BBC News: Weather. (T) 6.30 Regional News Programmes: Weather. (T) 7.00 The One Show. Adrian Chiles and Christine Bleakley present the live show, with their team of roving reporters uncovering topical stories across the UK. (T) Inside Out. Documentary series focusing on stories of interest to the region. (T) BBC News: Regional News. (T) 8.00 EastEnders. The Mitchells prepare for the reopening of the Vic as Peggy struggles to accept that Fozzy is now in control of the pub. Jane tries to persuade Ian to buy Janine's silence and protect their future, but he later receives a visit from DCI Marsden, while Pat is delighted by news of Ricky and Bianca's engagement. (T) 8.30 Panorama. In-depth current affairs reports covering the stories behind the headlines. Presented by Jeremy Vine. (T) 9.00 Hustle. When a notorious hardman demands #500,000 from Albert by the end of the week, the team tries to raise the cash by targeting a playboy in possession of a gold tiger worth a vast amount of money. Emma is sent to persuade the owner to lend the item to a major museum, in the hope the gang can steal it, but an impenetrable vault causes complications. Guest starring former Doctor Who star Colin Baker and Lolita Chakrabarti. (T) 10.00 BBC News. (T) 10.25 Regional News: Weather. (T) 10.35 Britain's Really Disturbing Food. New series. Stand-up comedian Alex Riley searches for unpleasant food, beginning with meaty snacks. Previously shown on BBC3. (T) 11.35 Late Kick Off. New series. A

Deal or No Deal. (T) 5.30 Glee. Will neglects the glee club to form an all-male vocal group. (T) 6.30 Channel 4 News. (T) 7.00 The Bible: A History. New series. Seven high-profile figures offer their personal views on the world's most influential text, examining a different aspect of the scriptures. Author and self-proclaimed "non-practising Jew" Howard Jacobson begins by exploring the Creation story, trying to find a reading that avoids the mistakes he believes are made both by those who try to use science to reaffirm their belief in its absolute truth, and the atheists who dismiss it as nothing more than nonsense. (T) 8.00 Celebrity Big Brother. Highlights of the past 24 hours in the star-filled house. (T) 9.00 FILM: Slumdog Millionaire. (2008). A poor Indian teenager's winning run on a national quiz show attracts suspicion. Danny Boyle's Oscar-winning drama, with Dev Patel and Freida Pinto. (T) 11.30 The World's Smallest Man. (M) (R) (T) 12.35 Celebrity Big Brother: Live. 4.00 The Slumdog Children of Mumbai. (R) (T) 5.00 Countdown. (R) (T) 5.45 The Hoobs. (R) (T)

## FIVE

6.00 Sunrise. (T) 7.00 Milkshake!: Elmo's World. (R) (T) 7.15 Fireman Sam. (R) (T) 7.30 Chiro. (R) (T) 7.40 Make Way for Noddy. (R) (T) 7.55 The WetWits. (R) (T) 8.05 Hansi's Helpline. (R) (T) 8.20 Mist: Sheepdog Tales. (R) (T) 8.35 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.55 Harry and His Bucket Full of Dinosaurs. (R) (T) 9.05 Olivia. (R) (T) 9.20 The Mr Men Show. (R) (T) 9.35 Gerald McBoing-Boing. (R) (T) 10.00 Shrek: Hilarious Moments. (T) 10.35 Wizards of Waverly Place. (T) 11.10 Rogue Raiders: Wild Boar. (R) (T) 12.00 Ice Road Truckers. (R) (T) 1.00 FILM: Doctor Zhivago (1965). Oscar-winning epic drama, with Omar Sharif and Julie Christie. (T) 4.40 Five News. (T) 4.45 FILM: Atlantis: The Lost Empire (2001). Premiere. Animated adventure, with the voice of Michael J. Fox. (T) 6.40 FILM: Force 10 from Navarone (1978). Commandos set out to destroy a bridge in the Balkans that is vital to the Nazis. World War 2 adventure sequel, with Harrison Ford and Robert Shaw. (T) 9.00 FILM: Payback (1999). A small-time crook takes on a crime syndicate in a push of money he is owed by his wife and partner. Thriller, with Mel Gibson and Kris Kristofferson. Includes Five News Update at 21.55. (T) 11.05 FILM: Storm Catcher (1999). Action thriller, starring David Lundgren. (T) 12.50 SuperCano. 4.05 House Doctor. (R) (T) 4.30 House Doctor. (R) (T) 4.55 Hansi's Helpline. (R) (T) 5.10 The Milkshake! Show. (R) (T) 5.35 Thomas & Friends. (R) (T) 5.45 Roary the Racing Car. (R) (T)

## C4

6.00 The Hoobs. (R) (T) 6.30 Yo Gabba Gabba. (T) 7.00 Beach Volleyball. (R) (T) 7.55 FreeSports on 4 Freeze. (R) (T) 8.55 T4: The Hills. (R) (T) 9.20 T4: Friends. (R) (T) 9.55 T4: Holyoaks. (R) (T) 12.25 T4: Celebrity Big Brother. (R) (T) 1.35 T4: Big Brother's Little Brother. (T) 2.40 T4: 90210. (T) 3.40 T4: The Simpsons. (R) (T) 4.15 T4: The Simpsons. (R) (T) 4.45

round-up of the weekend's Football League action, featuring all the goals and reaction to matches involving local clubs, along with behind-the-scenes reports and archive footage; (T) Weatherview. (T)

12.10 Sign Zone: Delta Through the Decades. (R) (T) 12.40 Sign Zone: Great British Railway Journeys. (R) (T) 1.10 Sign Zone: Survivors. (R) (T) 2.10 Sign Zone: Who Do You Think You Are? (R) (T) 3.10 Sign Zone: Who Do You Think You Are? (R) (T) 4.10 BBC News. (T)

## ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV News and Weather. (T) 1.55 London News and Weather. (T) 2.00 House Gift. (T) 3.00 Dickinson's Real Deal. (R) (T) 3.59 London Weather. (T) 4.00 A Touch of Frost. (R) (T) 5.00 The Alan Titchmarsh Show. (T) 6.00 London Tonight: Weather. (T) 6.30 ITV News and Weather. (T) 7.00 Emmerdale. Charity tries to find a job to fund her wedding, but returns from the job centre dis-appointed. Carl is frustrated when he has to take the day off work because daughter Anya is ill. (T) 7.30 Coronation Street. Becky receives devastating news but Steve is too busy showing off his new motorbike to notice. Joe is forced to accept a derisory offer for No 8 when he decides to sell it from under Gall's nose. Tyrone tries to pull up the courage to ask Molly for another chance, and Rosie is preoccupied by plans for her breast enlargement operation. (T) 8.00 The Lakes. Wedding coordinator Clare Noblett organises her 76th ceremony of the year and tour operator Sue Todd takes on the role of secretary at a local show. Narrated by Rory McGrath. (T) 8.30 Coronation Street. Joe finally confesses the full scale of his predicament to Gall, Kevin is furious to discover Rosie still plans to go ahead with her operation, and Steve tries to wind Becky up. (T) 9.00 Law & Order: UK. Brooks, Devin and Chandler investigate after a man is found badly beaten in a park. They discover the victim, Roland Kirk - who lives in a nearby camper van - had many enemies in the community, but nobody is willing to talk. The case then takes a decisive turn when a local man caves in after being arrested and points the finger at architect Harry Morgan, whose son had recently turned

against him and aligned himself with Kirk. Kevin McNally (Pirates of the Caribbean) guest stars, with Bradley Walsh, Jamie Bamber and Harriet Walter. (T) 10.00 ITV News at Ten and Weather. (T)

10.30 London News and Weather. (T) 10.35 FILM: Assassins (1995). Thriller, starring Sylvester Stallone and Antonio Banderas. (T) 12.55 Take Me Out. (R) (T) ITV News Headlines. (T) 1.50 Loose Women. (R) (T) 2.40 The Jeremy Kyle Show. (R) (T) 3.35 ITV Nightscreen. (T)

## BBC2

6.00 CBeebies: Big Cook Little Cook. (R) (T) 6.20 Clifford. (T) 6.35 Brum. (T) 6.45 Louie. (R) (T) 7.00 CBBC: Tronji. (T) 7.25 Newsround. (T) 7.30 Deadly 60. (R) (T) 8.00 League of Super Evil. (R) (T) 8.30 Street Monsters. (R) (T) 8.15 Arthur. (R) (T) 8.30 CBeebies: Wibbly Pig. (R) (T) 8.40 Get Squiggling. (R) (T) 9.00 Louie. (R) (T) 9.10 The Big Bang Theory. (R) (T) 9.25 Lunar Jim. (R) (T) 9.35 Tommy Zoom. (R) (T) 9.45 Our Planet. (R) (T) 9.55 Telly Tales. (R) (T) 10.10 Waybuloo. (R) (T) 10.30 in the Night Garden. (R) (T) 11.00 Schools: Victorian Scotland. (T) 11.20 Maths Channel. (T) 11.30 BBC Primary Geography. (T) 11.40 The Romans. (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 All Saints. (T) 1.45 Animal Park: Wild Africa. (R) (T) 2.15 Car Booty. (R) (T) 3.00 Diagnosis Murder. (R) (T) 3.45 Fog It! (R) (T) 4.30 Ready Steady Cook. (T) 5.15 Escape to the Country. (T) 6.30 Egheds. (T) 6.30 Great British Railway Journeys. (T) 7.00 God Bless You Barack Obama? Theologian Robert Beckford explores the US President's religious journey. (T) 8.00 University Challenge. Jesus College, Oxford, takes on Emmanuel College, Cambridge. (T) 8.30 Delia Through the Decades. Delia Smith looks back on the 1980s. (T) 9.00 The British Family. The importance of money and careers during the 1980s and 90s. (T) 10.00 Nurse Jackie. The media is forced to acknowledge her drug problem. (T) 10.30 Newsnight. (T) Weather. (T) 11.20 American Football. (T) 12.20 An Island Parish. (R) (T) 12.50 BBC News. (T) 2.50 Close.

## C4

6.10 The Hoobs. (R) (T) 6.35 Big Brother's Little Brother. (R) (T) 7.30 Celebrity Big Brother. (R) (T) 8.25 Frasier. (R) (T) 8.50 Will & Grace. (R) (T) 9.20 Wogan's Perfect Recall. (R) (T) 9.50 Deal or No Deal. (R) (T) 10.35 According to Jim. (T) 11.05 ER. (R) (T) 12.00 Channel 4 News. (T) 12.05 The TV Book Club. (T) 12.35 A Plan for the Sun. (T) Home or Away. (R) (T) 1.35 FILM: The Thirty-Nine Steps (1959). Spy thriller remake, starring Kenneth More. (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Holyoaks. (R) (T) 7.00 The Simpsons. (R) (T) 7.30 The Simpsons. (R) (T) 7.55 The Simpsons. (R) (T) 8.30 The Simpsons. (R) (T) 9.00 The Simpsons. (R) (T) 9.30 The Simpsons. (R) (T) 10.00 The Simpsons. (R) (T) 10.30 The Simpsons. (R) (T) 11.00 The Simpsons. (R) (T) 11.30 The Simpsons. (R) (T) 12.00 The Simpsons. (R) (T) 12.30 The Simpsons. (R) (T) 13.00 The Simpsons. (R) (T) 13.30 The Simpsons. 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## MOVIES

## Sky Movies Drama

6.15 Sweet Nothing in My Ear PG (2008) 7.55 Charlie Wilson's War 15 (2007) 9.40 Uncommon Valor 15 (1983) 11.30 Some Kind of Wonderful 15 (1987) With Eric Stoltz. 1.10 The Duchess 12 (2008) With Keira Knightley. 3.05 Innocent Moves PG (1993) With Joe Mantegna. 5.00 Man of the Year 12 (2006) With Brian Williams. 7.00 Meet Joe Black 12 (1998) With Brad Pitt. 10.00 The Duchess 12 (2008) With Keira Knightley. 12.00 North Dallas Forty 18 (1979) With Nick Nolte. 2.00 The Border 15 (1982) With Jack Nicholson. 4.00 The Top 10 Show 4.20 The Patron Saint of Liars PG (1997)

## Sky Movies Comedy

7.00 The Next Best Thing 12 (2000) 8.55 3MM 9.25 The Game Plan 10 (2007) 11.20 Without a Paddle: Nature's Calling 12 (2008) With Kristopher Turner. 12.55 Tropic Thunder 15 (2008)

(2008) With Ben Stiller. 2.50 Balls of Fury 12 (2007) With Dan Fogler. 4.25 The Game Plan 10 (2007) With Dwayne Johnson. 6.20 Juno 12 (2007) With Ellen Page. 8.00 Tropic Thunder 15 (2008) With Ben Stiller. 10.00 The Heartbreak Kid 15 (2007) With Ben Stiller. 12.00 Balls of Fury 12 (2007) With Dan Fogler. 1.35 Without a Paddle: Nature's Calling 12 (2008) With Kristopher Turner. 3.10 Juno 12 (2007) 4.50 Continental Drive PG (1981)

## Sky Movies Action/Thriller

6.35 The Game 15 (1997) 8.50 Daylight 12 (1996) 10.58 Minutes 18 (2007) 12.50 The Game 15 (1997) With Michael Douglas. 3.05 Pale Rider 15 (1985) With Clint Eastwood. 5.05 Daylight 12 (1996) With Sylvester Stallone. 7.05 Minutes 18 (2007) With Al Pacino. 9.00 Rising Sun 18 (1993) With Sean Connery. 11.15 The Condemned 18 (2007) With Steve Austin. 1.15 Rumble in the Bronx 15 (1995) With Jackie Chan. 2.50 Pale Rider 15 (1985) With Clint Eastwood. 4.50 Copperhead 18 (2008)

## SPORT

## Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Scottish Premier League Football 10.00 Spanish Football 12.00 NFL 2.00 Cycling 2.30 Scottish Premier League Football 3.30 Spanish Football 5.30 Soccer AM: The Best Bits 6.30 NFL Round-up 7.00 Netbusts 7.30 Live Football League. Charlton Athletic v Leyton Orient (Kick-off 7.45pm). 10.00 Time of Our Lives 11.00 Netbusts 11.30 SPL Round-up 12.00 Soccer AM: The Best Bits 1.00 Football League 2.30 FIFA Futbol Mundial 3.00 Sky Sports Classics 3.15 Live International Cricket. Australia v Pakistan.

## Sky Sports 2

6.00 Aerobics O2 Style 6.30 Snow Ride 7.00 WWE: Bottom Line 8.00 PGA Tour Golf 11.30 European Tour Golf 1.00 ICC Under-19s World Cup Cricket 1.30 International Cricket 3.30

ICC Under-19s World Cup Cricket 4.00 Friday Night 6.00 European Rugby Union Special 7.00 European Tour Golf 8.00 PGA Tour Golf 9.00 Wonderful World of Golf 10.30 PGA Tour Classic 11.30 NFL 1.30 European Tour Golf 2.30 PGA Tour Golf 3.30 Wonderful World of Golf 5.00 PGA Tour Classic

## Sky Sports 3

9.00 European Rugby Union Special 10.00 ICC Under-19s World Cup Cricket 10.30 Cycling 11.00 Aerobics O2 Style 12.00 Aerobics O2 Style 12.00 Friday Night 2.00 Live WWE: Raw 2.30 Cycling 3.00 Pool 4.30 This Week In WWE 5.00 WWE: Raw 7.00 Extra Time 7.30 ICC Under-19s World Cup Cricket 8.00 NFL 10.00 WWE: Late Night - Bottom Line 11.00 WWE: Late Night - Afterburn 12.00 Extreme Championship Wrestling 1.00 WWE Vintage Collection 2.00 Live WWE: Late Night - Raw. Wrestling action from the States. 4.15 FIFA Futbol Mundial 4.45 Extra Time 5.15 Close

## British Eurosport

5.00 Live Australian Open Tennis. Coverage of the fourth round reaches a conclusion. 1.15 Australian Open Tennis 3.00 Game, Set and Mats 3.25 Justine Henin Special 3.30 Africa Cup of Nations 3.45 Live Africa Cup of Nations. The third quarter-final (Kick-off 4.00pm). 5.55 euroCRASH! 6.00 Eurogoals 6.45 FIFA World Cup Giants 7.15 Live Africa Cup of Nations. The fourth quarter-final (Kick-off 7.30pm). 9.30 Africa Cup of Nations 9.45 Justine Henin Special 9.50 Australian Open Tennis 11.30 Game, Set and Mats 11.55 Justine Henin Special 12.00 Live Australian Open Tennis.

The quarter-finals get under way at Melbourne Park.

## Sky Sports 4

6.00 Live Test Cricket. Bangladesh v India. 10.30 Snow Ride 11.00 Seaster Sailing 11.30 World Sport 12.00 European Rugby Union Special 1.00 Race World 2.00 Max Power 3.00 European Rugby Union Special 4.00 Snow Ride 4.30 Aerobics O2 Style 5.00 ICC Under-19s World Cup Cricket 5.30 Seaster Sailing 6.00 Thinking Tackle 7.00 Bass Fishing 9.00 Pool 9.30 Wild Sports 10.00 Pool 12.00 Bass Fishing 1.00 Extra Time 1.30 Wild Sports 2.00 Pool 4.00 Pool 5.30 Close

(R) - repeat programme  
(T) - programme w/ teletext subtitles  
(S) - programme broadcast in stereo  
(bw) - black and white

## TUE

## BBC1

6.00 Breakfast. (T) 9.15 Heir Hunters. (T) 10.00 Wanted Down Under. (T) BBC News: Weather. (T) 11.00 Britain's Empty Homes. (T) 11.30 Cash in the Attic. (T) BBC News: Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News: Weather. (T) 1.30 Regional News: Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) 3.00 BBC News: Weather. Regional News. (T) 3.05 Obsolete: Big & Small. (R) (T) 3.15 Grandpa in My Pocket. (R) (T) 3.25 CBBC: Tronji. (R) (T) 3.50 Oogies. (R) (T) 4.05 Deadly 60. (R) (T) Street Monsters. (R) (T) 4.35 Blue Peter. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson oversees the back-stabbing general knowledge quiz. (T) 6.00 BBC News: Weather. (T) 6.30 Regional News Programmes: Weather. (T)

7.00 The One Show. Adrian Chiles and Christine Bleakley present the live topical show, including regular features by historian Dan Snow and consumer expert Dominic Littlewood. (T)

7.30 EastEnders. As Roxy plans for Archie's funeral she learns that he had terminal cancer and that Peggy had not believed he was ill. Meanwhile, DCI Marsden brings in good news; (T) BBC News: Regional News. (T)

8.00 Holly City. Linden worries about Faye's ability to cope when a patient is admitted in circumstances that strike close to home. Thandie schemes to ensure Ric gets to see her skills in surgery. (T)

9.00 Survivors. Whitaker proves he will stop at nothing to synthesise a miracle vaccine from Abby's immune system, and Greg discovers a vital clue in the search for his missing girl. (T) Postponed from Tuesday 19th January. (T)

10.00 BBC News. (T) 10.25 Regional News: Weather. (T) 10.35 Too Old to Be a Mum? The first of four documentaries exploring some of the unusual aspects of motherhood. The first programme follows the story of Sue Tollefsen, who became the UK's oldest mum after receiving IVF treatment in eastern Europe. Also examined are a New Jersey parent who struggles to care for her young children at the age of 63, and a 72-year-old Indian mother who has received support in raising her baby from her local community. Part of the Being Mum season. (T)

11.15 Film 2010 with Jonathan Ross. The presenter examines Mel Gibson's latest starring roles in Edge of Darkness, a Hollywood reimagining of the classic 1985 BBC thriller of the same name. He also reviews Golden Globe-nominated street drama Precious, and Disney's The Making of Modern Britain. (R) (T) 2.50 Sign Zone: Great British Railway Journeys. (R) (T) 3.20 BBC News. (T)

12.30 The Apprentice USA. (T) Weatherview. (T) 1.20 Sign Zone: See Hear. (R) (T) 1.50 Sign Zone: Andrew Marr's The Making of Modern Britain. (R) (T) 2.50 Sign Zone: Great British Railway Journeys. (R) (T) 3.20 BBC News. (T)

## ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV News and Weather. (T) 2.00 House Gift. (T) 3.00 Dickinson's Real Deal. (R) (T) 3.59 London Weather. (T) 4.00 A Touch of Frost. (R) (T) 4.40 Alan Titchmarsh Show. (T) 6.00 London Tonight: Weather. (T) 6.30 ITV News and Weather. (T) 7.00 Emmerdale. Sally returns from hospital and is furious to find that Edna and her agrees with Asa's version of events, and Asa is frustrated when Carl keeps palming the kids off on others. (T)

7.30 The Krypton Factor. Four more contestants bid to reach the semi-final as they are tested on their memory, logic and general knowledge, and face the daunting army assault course. Ben Shepherd presents. (T)

8.00 Send in the Dogs. Billy the new sniffer spaniel finds his armu- during a search for weapons and a stabbing on the streets of London brings together two of the city's leading Alsatian dog teams. PC Mandi Chapman and her canine companion Karly are sent in to enforce a court warrant against a dangerous dog, while Sergeant Peter Madden and Brodie are on the trail of burglars using stolen cars as getaway vehicles. Narrated by Ken Stott. Last in the series. (T)

9.00 Amanda Holden's Antsy Lives. New series. The Britain's Got Talent judge experiences the reality behind the glamorous public image of three dream jobs, beginning by taking to the stage as a Parisian showgirl. (T) 10.00 ITV News at Ten and Weather. (T)

10.30 London News and Weather. (T) 10.35 Piers Morgan On. The journalist and TV presenter visits Las Vegas, where he chats to socialite and actress Paris Hilton and goes gambling with action superstar Sylvester Stallone, before taking a trip to an extravagant hotel for the super-rich where everything is free. He then investigates some of the more serious aspects of 'Sin City', including how casinos are struggling to pay their debts in the midst of the global recession and how years of drought have raised fears that the area is running out of water. (R) (T)

11.35 Nightwatch with Steve Scott: Crime. Documentary following police officers in their never ending fight against crime. (R) (T) 12.30 Nightwatch with Steve Scott: Crime. (R) (T) 12.30 News Headlines. 1.25 Loose Women. (R) (T) 2.15 The Jeremy Kyle Show. (R) (T) 3.05 ITV Nightscreen.

## BBC2

6.00 CBeebies: Big Cook Little Cook. (R) (T) 6.20 Clifford. (R) (T) 6.35 Bool (R) (T) 6.45 Louie. (R) (T) 6.55 Ping. (R) (T) 7.00 CBBC: Tronji. (R) (T) 7.25 Newsround. (T) 7.30 Deadly Mummies. (R) (T) 8.00 League of Super Evil. (R) (T) Street Monsters. (R) (T) 8.15 Arthur. (R) (T) 8.30 CBeebies: Wibbly Pig. (R) (T) 8.40 Get Squiggling. (R) (T) 9.00 Louie. (R) (T) 9.10 Finley the Fire Engine. (R) (T) 9.25 Lunar Jim. (R) (T) 9.35 Tommy Zoom. (R) (T) 9.45 Our Planet. (R) (T) 9.55 Telly Tales. (R) (T) 10.10 Waybuloo. (R) (T) 10.30 The Night Garden. (R) (T) 11.00 Schools: BBC Primary Geography. (T) 11.20 KS2 Science Clips. (T) 11.30 Telling Tales. (T) 11.35 Telling Tales. (T) 11.40 Let's Write a Story. (T) 12.00 Daily

Politics. (T) 12.30 Working Lunch. (T) 1.00 All Saints. (T) 1.45 Animal Park: Wild in Africa. (R) (T) 2.15 Car Booty. (R) (T) 3.00 Diagnosis Murder. (R) (T) 3.45 Flog It! (R) (T) 4.30 Ready Steady Cook. (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Great British Railway Journeys. (T) 7.00 The Great British Wildlife Hunt. The geological forces that created the Great Rift Valley. (R) (T) 8.00 The Hairy Bikers: Mums Know Best. Si King and Dave Myers celebrate traditional Sunday dinners. (T) 9.00 How Earth Made Us. How the need for water has inspired the development of civilisation. (T) 10.00 Muslim Driving School. Anxious female driver prepares for her theory test, and a well-wearing instructor plans to take her husband on pilgrimage to Mecca to help conquer their domestic problems. (T) 10.30 Newsnight. (T) Weather. (T) 11.20 FILM: Summer (2007). Premiere. British drama, starring Robert Carlyle. (T) 12.40 BBC News. (T) 3.20

## C4

6.05 The Hoobs. (R) (T) 6.30 Big Brother's Little Brother. (T) 7.00 Celebrity Big Brother. (R) (T) 7.55 Everybody Loves Raymond. (R) (T) 8.25 Frasier. (R) (T) 8.55 Will & Grace. (R) (T) 9.25 Wogan's Perfect Recall. (R) (T) 9.55 Deal or No Deal. (R) (T) 10.40 According to Jim. (T) 11.05 The 5th Wave. (R) (T) 11.30 News Summary. (T) 12.05 A Place in the Sun: Home and Away. (R) (T) 1.10 FILM: Escape to Athena (1979). World War Two adventure, starring Roger Moore. (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Holyoke. (T) 7.00 Channel 4 News. (T) 8.00 How to Look Good Naked with a Difference. Gok Wan comes to the aid of a 44-year-old amputee Clare Smith, who hides her slim figure under drab clothes that conceal her prosthetic limb. (T) 9.00 Celebrity Big Brother. Highlights of the past 24 hours in the house. (T) 10.00 Shameless. New series. Frank resolves to spend his 50th birthday alone, until local librarian Libby catches his eye. Meanwhile, Karen worries about the paternity of her unborn child. The next episode follows on E4. (T) 11.05 The Big Bang Theory. (T) 11.30 8 Out of 10 Cats. (R) (T) 12.05 Late Night Poker. (R) (T) 1.00 Celebrity Big Brother: Live. 3.55 World Sport. (R) (T) 4.20 Freeports on 4. (R) (T) 5.15 The Brain Cell. (R) (T) 5.40 The Hoobs. (R) (T)

## FIVE

6.00 Milkshake! POCOY. (R) (T) 6.05 Fireman Sam. (R) (T) 6.20 The Beeps. (R) (T) 6.30 The Adventures of Botte Top Bill and His Best Friend Corky. (R) (T) 6.45 Family! (R) (T) 6.50 Peppa Pig. (R) (T) 7.00 Peppa Pig. (R) (T) 7.05 Little Princess. (R) (T) 7.25 The Mr Men Show. (R) (T) 7.35 Roary the Racing Car. (R) (T) 7.50 Noddy in Toyland. (R) (T) 8.05 Fifi and the Flowerlotos. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (T) 8.40 The Woolies. (R) (T) 8.50 Funkey Valley. (R) (T) 8.55 Rupert Bear. (R) (T) 9.05 Milkshake! Music Box. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 Michaela's Animal Road Trip. (R) (T) 12.40 Five News. (T) 12.50 Megastarquest: Built from Disaster. (R) (T) 1.45 Neighbours. (R) 2.15 Home and Away. (T) 2.50 I Own Britain's Best Home: Flying Vets. (R) (T) 3.00 PLM: Home Fires Burning (1989). Wartime drama, starring Bernard Hughes. (T) 5.00 Five News with Natasha Kaplinsky: Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.25 Live from Studio Five. (T) 7.30 Celebrity Quizzers. One of the quizzers reveals they went for a shy smoke during the night. (T) 7.30 Five News Update. (T) 8.00 Ice Road Truckers. 8.15 Hugh Rowland negotiates the treacherous slopes of the Dalton Highway. (T) 8.00 Five News at 9.00 CSI: Crime Scene Investigation. A casino worker is murdered. (T) 10.00 CSI: Miami. The daughter of Delko's therapist murders him. (R) (T) Five News Update. (T) 11.00 CSI: NY. (R) (T) 11.55 The FBI Files. (R) (T) 12.55 SuperCasino. 4.00 Wildlife SOS. (R) (T) 4.30 Wildlife SOS. (R) (T) 4.55 Country Secrets. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

## Best of the Rest

BBC3 7.00 Doctor Who 7.45 Doctor Who Confidential 8.00 EastEnders 10.30 Coming of Age 11.00 Family Guy 11.25 Family Guy 11.50 Believe in UFOs: Danny Dyer 12.50 EastEnders' Greatest Cliffhangers 1.45 Stag Weekends: The Dirty Secrets 2.45 Coming of Age 3.15 The Real Hustle Undercover 3.45 Kill It. Cook It. Eat It. Fast Food 4.45 Doctor Who Confidential 5.00 The Real Hustle Undercover 5.30 Close

BBC4 7.00 World News Today 7.00 Weather 7.30 Hidden Histories 8.00 Sahara with Michael Palin 9.00 Lost Kingdoms of Africa 9.50 Around the World in 80 Treasures 10.00 We Need Answers 10.30 Newsweek with Charlie Brooker 11.00 Nerdstock: 9 Lessons and Carols for Godless people 12.15 Lost Kingdoms of Africa 1.05 Newsweek with Charlie Brooker 1.35 We Need Answers 2.05 Nerdstock: 9 Lessons and Carols for Godless People 3.20 Lost Kingdoms of Africa 4.10 We Need Answers 4.40 Close

ITV2 1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Loose Women 4.40 Judge Judy 6.00 American Idol 7.00 Take Me Out 8.00 Homes from Hell 2008 9.00 Film: Miami Vice 15 (2006) 11.40 Film: The Last Kaido 15 (2006) 1.45 Emmerdale 9.00 The Teleshopping 3.40 The Michael Williams Show 4.20 Teleshopping 5.50 ITV2 Nightscreen

Sky1 1.00 Oops TV 1.30 The Simpsons 2.00 Angela and Friends 3.30 Lost 4.30 Lion Man 5.00 Malcolm in the Middle 5.30 Futurama 6.00 Oops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 Goto to Dance 9.00 Justin Lee Collins: Ballroom Dancer 10.00 Ross Kemp on Guns 11.00 UK Border Force 12.00 Red Wars 1.00 Night Cops 1.50 Road Wars 2.40 Don't Forget the Lyrics 3.30 Cold Case 4.20 Battered Galadica 5.10 Are You Smarter Than a 10 Year Old?

GOLD 1.00 My Family 1.40 My Family 2.20 Yes Minister 3.00 Yes Minister 3.40 Keeping Up Appearances 4.20 Keeping Up Appearances 5.00 Last of the Summer Wine 5.40 Last of the Summer Wine 6.20 My Family 7.00 My Family 7.40 Yes Minister 8.20 Yes Minister 9.00 The Royle Family 9.40 The Royle Family 10.20 Harry Enfield and Chums 11.00 Harry & Paul 11.40 The Royle Family 12.20 The Royle Family 1.00 Harry Enfield and Chums 1.40 Harry & Paul 2.20 Harry & Paul 2.50 Close Up 3.00 Close

TCM 1.00 The Woman in the Window PG (1944) 3.00 The Jazz Singer U (1953) 5.05 The Best Man PG (1994) 7.05 The Fortunate Pilgrims Mary Brunettes PG (1959) 9.00 Salvador 18 (1996) 11.25 Point Blank 18 (1967) 1.10 The Rise and Rise of Michael Rimmer 15 (1970) 3.00 Teleshopping 5.00 The Woman in the Window PG (1944)

The Disney Channel Kids' programmes from 7am.

## MOVIES

## Sky Movies Drama

6.00 Tumbleweeds 12 (1999) 7.45 Green Card PG (1990) 9.45 The Bucket List 12 (2008) 11.30 The Jane Austen Book Club 12 (2007) With Kathy Baker. 1.30 Things We Lost in the Fire 15 (2007) With Halle Berry. 3.30 Nights in Rodanthe PG (2008) With Richard Gere. 5.15 The Bucket List 12 (2008) With Jack Nicholson. 7.00 The Jane Austen Book Club 12 (2007) With Kathy Baker. 9.00 When a Man Loves a Woman 15 (1994) With Andy Garcia. 11.10 In the Name of the Father 15 (1993) With Daniel Day-Lewis. 1.30 Mulholland Falls 18 (1995) 11.30 Notes 3.30 Great Britain Special 4.00 Gideon PG (1999) 5.45 The Top 10 Show

## Sky Movies Comedy

6.35 It Takes Two U (1996) 8.20 The Out-Townies 12 (1998) 10.00 Semi-Pro 15 (2008) 11.35 Superhero Movie 12 (2008) With Drake Bell. 1.05 Good Luck Chuck 15 (2007) With Dane Cook. 2.50 Another Stakeout PG (1993)

With Emilio Estevez. 4.40 Brewster's Millions PG (1985) With Richard Pryor. 6.25 Semi-Pro 15 (2008) With Will Ferrell. 8.00 Superhero Movie 12 (2008) With Drake Bell. 9.30 Good Luck Chuck 15 (2007) With Dane Cook. 11.15 Another Stakeout PG (1993) With Emilio Estevez. 1.05 The Out-of-Towners 12 (1999) With Steve Martin. 2.40 The Great Outdoors PG (1988) With Dan Aykroyd. 4.15 It Takes Two U (1996)

## Sky Movies Action/Thriller

6.25 Southland Tales 15 (2005) 9.05 Babylon AD 15 (2008) 10.40 War, Inc 15 (2008) 12.40 Transformers 12 (2007) With Shia LaBeouf. 3.05 Babylon AD 15 (2008) With Vin Diesel. 4.40 Backdraft 15 (1991) With Kurt Russell. 7.00 Escape from Alcatraz 15 (1979) With Clint Eastwood. 9.00 Transformers 12 (2007) With Shia LaBeouf. 11.25 Con Air 15 (2007) With Nicolas Cage. 1.25 War, Inc 15 (2008) With John Cusack. 3.20 Sacrifice 18 (2000) 5.05 Mighty Morphin Power Rangers: The Movie PG (1995)

## SPORT

## Sky Sports 1

6.00 Live International Cricket. Australia v Pakistan. 11.30 News 12.00 SPL Round-up 12.30 Soccer AM: The Best Bits 1.30 Netbusts 2.00 International Cricket 3.30 Netbusts 4.00 Soccer AM: The Best Bits 5.00 Football's Next Star 6.00 A-League 6.30 Revista De La Liga 7.30 Soccer Special 8.00 Football First 12.00 Football First 1.30 Revista De La Liga 2.30 Soccer Special 3.00 A-League 3.30 Football Asia

## Tuesday's Pick



Shameless, CH4, 10pm Manchester's madcap family returns for another series of the Baffa-winning comedy drama. Of course, we're talking about the Gallagher clan — a brood so rough they make the chavistic families who appear on Jeremy Kyle look positively sophisticated. Although the last series was as compelling as ever, it was a little dark, so let's hope creator Paul Abbott and his team of writers have penned some comedy for the upcoming series as Shameless is undoubtedly at its best when dealing with some of life's lighter issues. In the year's first visit to the Chatsworth Estate, it's Frank's 50th and Liam

has the dubious honour of sharing the auspicious day with him on his 11th birthday. Uncharacteristically, Frank snubs the chance of a party, and instead opts to dwell in his own lonely, loveless existence. However, Cupid must be listening to Frank's incoherent mumbblings as Libby, a narcoleptic local librarian, falls into a life - quite literally. Could this be the start of something special, or will Libby's mother put a dampener on their blossoming romance? Meanwhile, Karen worries about the paternity of her unborn baby, as an oblivious Jamie and the rest of the Maguire clan prepare for the imminent arrival.

# Lost in a foreign land?

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## BBC1

6.00 Breakfast. (T) 9.15 Heir Hunters. (T) 10.00 Wanted Down Under. (T) BBC News; Weather. (T) 11.00 Britain's Empty Homes. (T) 11.30 Cash in the Attic. (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Big & Small. (R) (T) 3.15 Grandpa in My Pocket. (R) (T) 3.25 CBBC: Tronji. (R) (T) 3.50 Oogles. (R) (T) 4.05 Smart. (R) (T) Street Monsters. (R) (T) 4.35 Blue Peter. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson piles on the pressure in another round of the general knowledge contest, where teamwork goes hand in hand with greed. (T) 6.00 BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T) 7.00 The One Show. Topical magazine show, presented by Adrian Chiles and Christine Bleakley. (T) 7.30 Nigel Slater's Simple Suppers. The food writer prepares easy recipes with classic ingredients, including sausages and mustard, pork chops with apples and cider, and carrot and coriander fritters. (R) (T) BBC News; Regional News. (T)

8.00 Holly City. Donna faces a tough decision over the future of her five-year-old niece when Mia's grandmother suffers another stroke. Jac demands she be allowed to apply for Joseph's job after his mental problems lead him to make mistakes in the care of an accident victim, but Ric is determined to force her out. A new locum makes a bad first impression on Chrissie. (T) 9.00 Crimewatch. Appeals for information about unsolved crimes, including the murder of a 50-year-old man from Lincolnshire, and an arsonist who killed a girl and her grandmother. (T)

10.00 BBC News. (T) 10.25 Regional News; Weather. (T) 10.35 The National Lottery Draws. The balls are set rolling and the results of the Thunderball, Dream Number and Lotto draws are revealed. OJ Borg presents. (T) 10.45 Crimewatch Update. Responses to the earlier programme. (T) 10.55 Match of the Day. Gary Lineker introduces highlights of the mid-week Premier League fixtures, including Aston Villa v Arsenal at Villa Park and Bolton Wanderers v Burnley at the Reebok Stadium. The Gunners beat Villa 3-0 during the festive period to boost their chances of winning the title, while Bolton manager Owen Coyle was in the spotlight as the Trotters welcomed his former club for a vital relegation battle. With analysis from Alan Shearer and Alan Hansen; (T) National Lottery Update and Weather. (T)

12.30 Sign Zone: Antiques Roadshow. (R) (T) 1.30 Sign Zone: Country Tracks. (R) (T) 2.25 Sign Zone: Great British Railway Journeys. (R) (T) 2.55 Sign Zone: An Island Parish. (R) (T) 3.25 BBC News. (T)

## ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV News and Weather. (T) 1.55 London News and Weather. (T) 2.00 House Gift. (T) 3.00 Dickinson's Real Deal. (R) (T) 3.59 London Weather. (T) 4.00 A Touch of Frost. (T) (R)

5.00 The Alan Titchmarsh Show. (T) 6.00 London Tonight; Weather. (T) 6.30 ITV News and Weather. (T) 7.00 Emmerdale. Ashley is alarmed when Terry informs him that Sally is staying at the B&B, and Natasha summons the courage to tell Will that Mark is not coming back and Ryan is his brother. Meanwhile, Nicola is livid when she finds out Charity and Cain have set a date for their wedding. (T) 7.30 Lion Country. David Youlton and the team oversee a potentially dangerous introduction at the African Lion & Environmental Research Trust in Zimbabwe when two-year-old Sango meets a pair of bigger and stronger brothers called Echo and Etosha. The reserve also welcomes two new arrivals - cubs Bushy and Batoka - who have much training ahead of them. (T)

8.00 Midsomer Murders. A burglar dubbed the Creeper terrorises the villages of Midsomer as Barnaby and Jones investigate the murder of a guest at an upper-crust dinner party. As the case progresses, Barnaby becomes the thief's latest victim and it emerges that several high-society friends with connections to gangsters and a police chief have a few secrets worth killing for. Detective drama, starring John Nettles and Jason Hughes, with guest appearances from Rik Mayall, Jenny Agutter, Nickolas Grace and George Costigan (soon to be seen on Emmerdale). (T) 10.00 ITV News at Ten and Weather. (T) 10.30 London News and Weather. (T) 10.35 FILM: Frantic (1988). Thriller, starring Harrison Ford. (T) 12.00 October Road. (R) (T) ITV News Headlines. 1.40 Loose Women. (R) (T) 2.30 The Jeremy Kyle Show. (R) (T) 3.25 ITV Nightscene. (T)

## BBC2

6.00 CBeebies: Big Cook Little Cook. (R) (T) 6.20 Clifford. (R) (T) 6.35 Boal. (R) (T) 6.45 Louie. (R) (T) 6.55 Ping. (R) (T) 7.00 CBBC: Tronji. (R) (T) 7.25 Newsround. (T) 7.30 Deadly 60. (R) (T) 8.00 League of Super Evil. (R) (T) Street Monsters. (R) (T) 8.15 Arthur. (R) (T) 8.30 CBeebies: Wibbly Pig. (R) (T) 8.40 Get Squiggling. (R) (T) 9.00 Louie. (R) (T) 9.10 Finley the Fire Engine. (R) (T) 9.25 Lunar Jim. (R) (T) 9.35 Tommy Zoom. (R) (T) 9.45 Our Planet. (R) (T) 9.55 Telly Tales. (R) (T) 10.10 Waybuloo. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Nature's Calendar. (R) (T) 11.30 Daily Politics. (T) 1.00 See Hear. (T) 1.30 Working Lunch. (T) 2.00 Animal Ark: Wild in Africa. (R) (T) 2.30 Car Boot. (R) (T) 3.00 Diagnosis Murder. (R) (T) 3.45 Flog It. (R) (T) 4.30 Ready Steady Go! (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Great

British Railway Journeys. (T) 7.00 Munro: Mountain Man. The story of Victorian adventurer Hugh Munro and his determination to list and climb all the Scottish mountains standing at a height of more than 3,000 feet. (T) 8.00 Natural World. Chimpanzees are trained to shoot Swahili. (T) 9.00 Tour de France Family Guy. (T) 11.55 Coming of Age. (T) 11.55 Coming of Age. (T) 12.00 Boxing Day Tsunami. (T) 10.00 The Persuasionists. The team works on a new charity campaign aimed at encouraging young people to spend more time with the elderly, but the result is considered offensive. (T) 10.30 Newsnight. (T) Weather. (T) 11.20 Jonathan Meades Off Road. (T) 12.20 BBC News. (T)

## C4

6.05 The Hoobs. (R) (T) 6.30 Big Brother's Little Brother. (T) 7.00 Celebrity Big Brother. (R) (T) 7.55 Everybody Loves Raymond. (R) (T) 8.25 Frasier. (R) (T) 8.55 Will & Grace. (R) (T) 9.25 Wogan's Perfect Recall. (R) (T) 9.55 Deal or No Deal. (R) (T) 10.40 According to Jim. (T) 11.05 Top 20. (T) 12.00 Channel 4 News Summary. (T) 12.05 A Place in the Sun. (R) (T) 12.35 Property Snakes and Ladders. (R) (T) 1.40 FILM: Bless This House (1972). British comedy, starring Sid James. (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (R) (T) 7.00 Channel 4 News. (T) 8.00 Relocation, Relocation. Kirstie Altsopp and Phil Spencer help a beekeeper and a wife, who live in the Tower of London, find a property in either Hampshire or the Kent coast. (T) 9.00 Celebrity Big Brother. More from the star-filled house. (T) 10.00 Desperate Housewives. New series. The identity of Des's bride is revealed, Lynette becomes hostile toward her unborn babies, and a new family with a dark past moves to the street. (T) 10.55 Celebrity Big Brother. (T) 11.30 Shameless. (R) (T) 12.35 4Music: Editors Live at Fabric. (R) (T) 1.05 Celebrity Big Brother: Live. 3.20 This Week's 4Music Top 20. 4.55 Channel 4 News. (T) 5.40 The Hoobs. (R) (T)

## FIVE

6.00 Milkshake! Pocoyo. (R) (T) 6.05 Fireman Sam. (R) (T) 6.20 The Beeps. (R) (T) 6.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.45 Family. (R) (T) 6.50 Peppa Pig. (R) (T) 7.00 Peppa Pig. (R) (T) 7.05 Little Princess. (R) (T) 7.25 The Mr Men Show. (R) (T) 7.35 Roary the Racing Car. (R) (T) 7.50 Noddy in Toyland. (R) (T) 8.05 Fil and the Flowerbuds. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (T) 8.40 The WotWots. (R) (T) 8.50 Funky Valley. (R) (T) 8.55 Rupert Bear. (R) (T) 9.05 Milkshake! Music Box. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 Michael's Animal Road Trip. (R) (T) 12.40 Five News. (T) 12.50 News at Ten. (T) 1.00 Built from Disaster. (R) (T) 1.45 Neighbours. (R) (T) 2.15 Home and Away. (R) (T) 2.50 Own Britain's Best Home: Flying Visits. (R) (T) 3.00 FILM: Separated by Murder (1994). Fact-based drama, starring Sharon Gless. (T) 5.00 Five News with Natasha Kaplinsky. Weather. (T) 5.30 Neighbours. (R) (T) 6.05 Home and Away. (R) (T) 6.25 Live from Studio Five. (T) 7.30 Celebrity Quitters. After 10 days, things are not working out for some of the quitters. (T) 7.30 Five News Update. (T) 8.00 Secrets of Egypt: Valley of the Kings. Why the pharaohs abandoned the practice of building pyramids. (R) (T) 8.00 Five News at 9.00 NCIS: A Cold Friend of Gibbs claims he is being framed for a murder. (T) 10.00 NumB3rs. The detectives investigate a case of apparent suicides discovering that the deaths are linked to a strip club where a sinister game of Russian roulette is being played. (T) 11.00 Law & Order: Criminal Intent. (T) 11.55 Poker. (T) 1.25 SuperCasino. 4.00 Wild West SOS. (R) (T) 4.30 Wild West SOS. (R) (T) 4.55 County Secrets. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

## Best of the Rest

## BBC3

7.00 Doctor Who. 7.45 Doctor Who Confidential. 8.00 Film: The Pacifier PG (2005) 9.30 Believe in Ghosts. 10.30 Family Guy. 10.50 Family Guy II. 11.55 Coming of Age. 11.55 Coming of Age. 12.00 The Week 12.55 Cannabis: Britain's Secret Farms. 1.15 I Believe in UFOs: Danny Dyer. 2.15 I Believe in Ghosts: Joe Swash. 3.15 Coming of Age. 3.45 The Week. 4.15 Cannabis: Britain's Secret Farms. 5.15 Doctor Who Confidential. 5.30 Come What May. 7.00 World News Today. 7.00 Weather. 7.30 The Diary of Anne Frank. 8.00 Alice Herz-Sommer: Everything is a Present. 8.50 Meetings with Remarkable Trees. 9.00 Shooting the War. 10.00 Mad Men. 10.45 Mad Men. 11.35 We Need Answers. 12.05 Shooting the War. 1.05 The Children Who Fought Hitler. 2.05 Alice Herz-Sommer: Everything is a Present. 2.55 Shooting the War. 3.55 Come What May.

## ITV2

1.30 The Jeremy Kyle Show. 2.35 The Jeremy Kyle Show. 3.40 Loose Women. 4.00 Ricki Lake. 5.30 Judge Judy. 6.30 Postcard Operators. 8.00 American Idol. 9.00 Film: The Year. 10.00 Virgin 15 (2005) 11.25 Film: Along Came Polly. 12.20 (2004) 1.10 Emeraldale. 1.40 Teleshopping. 4.15 Surface. 4.55 Surface. 5.40 21 Nights. 5.50 Sk1. 1.00 Oops TV. 1.30 The Simpsons. 2.00 Angela and Friends. 3.30 Lost. 4.30 Lion Man. 5.00 Malcolm in the Middle. 5.30 Futurama. 6.00 Oops TV. 7.00 The Simpsons. 7.30 The Simpsons. 8.00 Fat Families. 9.00 Gotta Dance. 10.00 Gotta Dance. 11.00 NCIS: Los Angeles. 12.00 Songbook. 1.00 Road Wars. 1.50 Road Wars. 2.40 Cold Case. 3.30 Battlerite. 4.00 Sk1. 4.20 Don't Forget the Lyrics. 5.10 Are You Smarter Than a 10 Year Old? GOLD

1.00 The Good Life. 1.40 The Good Life. 2.20 dinnerdishes. 3.00 dinnerdishes. 4.30 As Time Goes By. 4.20 As Time Goes By. 5.00 Last of the Summer Wine. 5.40 Last of the Summer Wine. 6.20 The Good Life. 7.00 The Good Life. 7.40 dinnerdishes. 8.00 dinnerdishes. 9.00 The Royle Family. 9.40 The Royle Family. 10.15 Harry Enfield and Chums. 10.55 Harry & Paul. 11.35 The Royle Family. 12.15 The Royle Family. 12.50 Harry Enfield and Chums. 1.35 The New Adventures of Old Christine. 3.00 Tommy TOM

1.05 The Road to Hong Kong U (1962) 3.00 Of Mice and Men PG (1992) 5.05 The Old Man and the Sea U (1958) 6.55 Rich in Love PG (1992) 9.00 Band of Brothers 9.55 Band of Brothers 11.10 Something to Talk About U (1995) 1.10 The Island of Dr Moreau U (1977) 3.00 Teleshopping 5.00 The Road to Hong Kong U (1962)

The Disney Channel Kids' programmes from 7am

## MOVIES

## Sky Movies Drama

6.00 The Russell Girl 12 (2008) 8.00 Storyville 15 (1992) 10.00 Eye of the Dolphin PG (2006) 11.45 Across the Universe 12 (2005) With Evan Rachel Wood. 2.00 Get Real 15 (1999) With Ben Silverstone. 3.55 The Top 10 Show 4.15 The Boy in the Striped Pyjamas 12 (2008) With David Thewlis. 6.00 Waitress 12 (2007) With Keri Russell. 8.00 Changing 15 (2008) With Angelina Jolie. 10.30 The Bone Collector 15 (1999) With Denzel Washington. 12.30 A Civil Action 15 (1998) With John Travolta. 2.30 American Beauty 18 (1999) With Kevin Spacey. 4.04 Miracle on the 17th Green U (1999)

## Sky Movies Comedy

6.00 Paperback Hero 15 (1998) 7.40 Leap of

Faith PG (1992) 9.30 The Christmas Clause PG (2008) 11.00 Blazing Saddles 15 (1974) With Mel Brooks. 12.40 Role Models 15 (2008) With Paul Rudd. 2.25 Sex and the City 15 (2008) With Sarah Jessica Parker. 4.55 The Christmas Clause PG (2008) With Lea Thomsen. 7.00 Family Guy 10.50 Family Guy II. 11.55 Coming of Age. 12.00 The Week 12.55 Cannabis: Britain's Secret Farms. 1.15 I Believe in UFOs: Danny Dyer. 2.15 I Believe in Ghosts: Joe Swash. 3.15 Coming of Age. 3.45 The Week. 4.15 Cannabis: Britain's Secret Farms. 5.15 Doctor Who Confidential. 5.30 Come What May. 7.00 World News Today. 7.00 Weather. 7.30 The Diary of Anne Frank. 8.00 Alice Herz-Sommer: Everything is a Present. 8.50 Meetings with Remarkable Trees. 9.00 Shooting the War. 10.00 Mad Men. 10.45 Mad Men. 11.35 We Need Answers. 12.05 Shooting the War. 1.05 The Children Who Fought Hitler. 2.05 Alice Herz-Sommer: Everything is a Present. 2.55 Shooting the War. 3.55 Come What May. (1992)

## Sky Movies Action/Thriller

6.45 Next of Kin 15 (1989) 8.45 Dragon: The Bruce Lee Story 15 (1993) 10.50 National Treasure: Book of Secrets PG (2007) 1.00 RocknRolla 15 (2008) With Gerard Butler. 3.00 Plunkett & Macleane 15 (1999) With Robert Carlyle. 4.50 Dragon: The Bruce Lee Story 15 (1993) With Jason Scott Lee. 6.55 National Treasure: Book of Secrets PG (2007) With Nicolas Cage. 9.00 RocknRolla 15 (2008) With Gerard Butler. 11.00 The Glimmer Man 18 (1996) With Steven Seagal. 12.35 Fatal Attraction 18 (1987) With Michael Douglas. 2.40 Sleepers 18 (1996) With Brad Pitt. 5.10 Volcano: Fire on the Mountain PG (1997)

## SPORT

## Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Football Association Cup. 10.00 Football First. 11.00 Football First. 12.00 Football First. 2.00 Football First. 3.00 Football First. 4.00 Football First. 5.00 Football First. 6.00 Football First. 7.00 Football First. 8.00 Football First. 9.00 Football First. 10.00 Football First. 11.00 Football First. 12.00 Football First. 1.00 Football First. 2.00 Football First. 3.00 Football First. 4.00 Football First. 5.00 Football First. 6.00 Football First. 7.00 Football First. 8.00 Football First. 9.00 Football First. 10.00 Football First. 11.00 Football First. 12.00 Football First. 1.00 Football First. 2.00 Football First. 3.00 Football First. 4.00 Football First. 5.00 Football First. 6.00 Football First. 7.00 Football First. 8.00 Football First. 9.00 Football First. 10.00 Football First. 11.00 Football First. 12.00 Football First. 1.00 Football First. 2.00 Football First. 3.00 Football First. 4.00 Football First. 5.00 Football First. 6.00 Football First. 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Best of the Rest

7.00 Live Africa Cup of Nations 9.30 Little Britain 10.00 EastEnders 10.30 The Real Hustle Undercover 11.00 Family Guy 11.25 Family Guy 11.50 Sun, Sex & Holiday Madness 12.50 Material Girl 1.50 The Real Hustle Undercover 2.20 EastEnders' Greatest Cliffhangers 3.20 Sun, Sex & Holiday Madness 4.20 Being Human 5.20

BBC4

7.00 World News Today 7.00 Weather 7.30 Only Connect 8.00 Time 9.00 Chemistry - A Volatile History 10.00 Newsweek with Charlie Brooker 10.30 Mrs Mandela 12.00 The Real Wildlife Moments 1.00 Newsweek with Charlie Brooker 1.30 Time 2.30 Only Connect 3.00 Chemistry - A Volatile History 4.00 Close

ITV2

1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.00 Out Women 4.40 Judge Judy 6.00 Take Me Out 7.00 The Planet's Funniest Animals 7.30 Grimefighters 8.00 American Idol 9.00 Brits Hits 30 10.00 Secret Diary of a Call Girl 10.30 Secret Diary of a Call Girl 11.00 Billie and the Real Belle Bore All 11.30 Coronation Street 12.00 Hell's Kitchen USA 1.40 Emmerdale 1.30 Emmerdale 1.55 Teleshopping 4.55 ITV2 Nightscreen

Sky1

1.00 Oops TV 1.30 The Simpsons 2.00 Angela and Friends 3.30 Lost 4.30 Lion Man 5.00 Malcolm in the Middle 5.30 Futurama 6.00 Oops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 Modern Family 8.30 Simpsons Mischievous Mayhem 9.00 Bill Bailey's Bitchwatching Bonanza 10.00 Bones 11.00 Fat Families 12.00 Road Wars 1.00 Night Cops 1.50 Road Wars 2.40 Don't Forget the Lyrics 3.30 Cold Case 4.20 Battlerace Galactica 5.10 Are You Smarter Than a 10 Year Old?

GOLD

1.00 The Green Green Grass 1.30 The Green Grass 2.20 Yes Minister 3.00 The Green Grass 3.40 Keeping Up Appearances 4.20 Keeping Up Appearances 5.00 Last of the Summer Wine 5.40 Last of the Summer Wine 2.00 The Green Green Grass 7.00 The Green Grass 7.40 Yes Minister 8.20 Yes Minister 9.00 The Royle Family 9.40 The Royle Family 11.00 Harry Enfield and Chums 11.40 Harry & Paul 12.15 The Royle Family 1.00 The Royle Family 2.15 Harry Enfield 3.00 Close

TCM

1.00 The Voyage (1975) 3.00 Not With My Wife, You Don't! PG (1966) 5.25 Wuthering Heights (1939) 7.30 Montana PG (1950) 9.00 Mystic Pizza 1.5 (1988) 11.05 Mad Dog and Glory 1.5 (1993) 1.00 Mystic Pizza 1.5 (1988) 3.00 Teleshopping 5.00 The Voyage (1975)

MOVIES

Sky Movies Drama

6.20 One True Thing 1.5 (1999) 8.30 Daylight Robbery 1.5 (2007) 10.15 Saving Sarah Cain PG (2007) 12.00 Patrick Mullum 12.00 Almost Famous 1.5 (2000) 10.15 Patrick Mullum 3.15 In the Land of Women 12.00 With Adam Broom 5.00 The Astronaut Farmer PG (2006) 10.15 Billy Bob Thornton & 6.45 Brideshead Revisited 12 (2008) 10.15 Matthew Goode, 9.00 Pride and Glory 1.5 (2008) 10.15 Colin Farrell, 11.15 Rules of Engagement 1.5 (2000) 10.15 Tommy Lee Jones, 1.25 Body Shots 1.8 (1999) 10.15 Sean Patrick Flanery, 3.20 Joshua 1.5 (2007) 5.10 The End of Eden PG (1996)

Sky Movies Comedy

7.05 35MM 7.35 Alvin and the Chipmunks U (2007) 9.10 Daddy Day Camp PG (2007) 10.45 Splash! PG (1984) 12.45 Family Show 1.15 Bachelor Party 2: The Last Temptation 1.5 (2008) 10.15 Josh Cooke, 3.00 Galaxy Quest PG (1999)

With Tim Allen, 4.45 Alvin and the Chipmunks U (2007) 7.00 With Jason Lee, 6.25 Daddy Day Camp PG (2007) 7.00 With Cuba Gooding Jr, 8.00 Splash! PG (1984) 10.15 With Tom Hanks, 10.00 Bachelor Party 1.8 (1984) 10.15 With Tom Hanks, 11.50 Bachelor Party 2: The Last Temptation 1.5 (2008) 10.15 With Josh Cooke, 1.40 Galaxy Quest PG (1999) 10.15 With Tim Allen, 3.25 Bachelor Party 1.8 (1984) 5.20 Leave It to Beaver PG (1997)

Sky Movies Action/Thriller

6.50 35MM 7.20 The Mechanik 1.5 (2005) 9.05 Demolition Man 1.5 (1993) 11.15 Demolition 1.5 (2008) 10.15 With Hugh Jackman, 1.15 Bloodsport 1.8 (1988) 10.15 With Jean-Claude Van Damme, 3.00 The Mechanik 1.5 (2005) 10.15 With Dolph Lundgren, 4.05 Demolition Man 1.5 (1993) 10.15 With Sylvester Stallone, 7.00 Deception 1.5 (2008) 10.15 With Hugh Jackman, 9.00 Bloodsport 1.8 (1988) 10.15 With Jean-Claude Van Damme, 10.40 War of the Worlds 1.8 (2008) 10.15 With James McAvoy, 12.35 The Crew 1.8 (2008) 10.15 With Scott Williams, 2.40 Body of Evidence 1.8 (1992) 10.15 With Madonna, 4.25 Angel Flight Down PG (1996)

SPORT

Sky Sports Fans

6.00 Good Morning Sports Fans 8.00 Live European Tour Golf, The Qatar Masters, 10.00 Inside the PGA Tour 12.30 Carling Cup Football 11.30 Scottish Premier League Football 12.00 Live European Tour Golf, The Qatar Masters, 2.00 Scottish Premier League Football 2.30 FIFA World Cup 2010 All Stars 12.45 Animal Park: Wild in Africa, (R) 2.15 Car Body, (R) 3.00 Diagnosis Murder, (R) 3.45 Flot It! (R) 4.30 Ready, Steady Cook, 1.5 5.15 Escape to the Country 6.00 Edgeheads, (R) 6.30 Great British Railway Journeys, (R) 7.00 Andrew Marr's History of Modern Britain, The Changing face of the British, (R) 7.15 8.00 Mastermind, Topics include John Everett Millais and Gerry Anderson, (R) 8.30 An Island Parish, Glynis worries that his band is facing a crisis of confidence, (T) 9.00 Empire of the Seas: How the Navy Forged the Modern World, The growth of Britain's empire, (T) 10.00 Mock the Week, With Sarah Millican, John Bishop and Chris Addison, (R) 10.30 Newsnight, (T) 11.00 The Review Show, (T) 11.45 Heroes, (R) 12.30 Nurse Jackie, (R) 1.00 Medium, (R) 1.20 FILM: Repulsion (1965), Psychological thriller, starring Catherine Deneuve, (T) 1.20 3.25 BBC News, (R) 4.15 Close.

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Snow Ride 7.00

WWE: Experience 8.00 Carling Cup Football 9.00 Spanish Cup Football 11.00 Football First 12.30 Football First 2.00 Football First 3.00 Scottish Premier League Football 4.00 Super League 6.00 Tracking Euro 6.30 The Rugby Club 7.30 Premier League World 8.00 Super League 10.00 Time of Our Lives 11.00 The Rugby Club 12.00 Super League 2.00 Premier League World 2.30 Time of Our Lives 3.30

Sky Sports 3

6.00 Live Test Cricket, Bangladesh v India, 10.30 Tracking Euro 11.00 Racing News 11.30 Aerobics Oz Style 12.00 Watersports World 1.00 Ten Pin Bowling 2.00 Snow Ride 2.30 Tracking Euro 3.00 Pool 4.30 Tracking Euro 5.00 WWE: Vintage Collection 6.00 WWE Special 7.00 Race World 8.00 The Rugby Club 9.00 WWE Special 10.00 WWE: Late Night, Raw 12.00 Extreme Championship Wrestling 1.00 WWE Special 2.00 The Dogs 2.30 Close

British Eurosport

6.15 Australian Open Tennis 8.00 Live Australian Open Tennis, The first men's semi-final, 11.45 Australian Open Tennis 3.30 Africa Cup of Nations 4.35 Live Africa Cup of Nations, The first semi-final (Kick-off 4.00pm), 6.00 Eurogals Flash 6.10 Game, Set and Mats 6.40 Justine Henin Special 6.45 Football: World Cup Preview 7.15 Live Africa Cup of Nations, The second semi-final (Kick-off 7.30pm), 9.30 Africa Cup of Nations 9.45 Australian Open Tennis 12.00 Game, Set and Mats 12.25 Justine Henin Special 12.30 Close

Sky Sports 4

3.00 Women's Squash 4.00 Snow Ride 4.30 Aerobics Oz Style 5.00 Race World 6.00 ATP Tour Uncovered 6.30 The Dogs 7.00 Transworld Sport 8.00 Pool 9.30 ATP Tour Uncovered 10.00 Live Poker, Coverage of the online Sky Poker Bounty Hunter tournament, 12.00 Transworld Sport 1.00 Snow Ride 1.30 ATP Tour Uncovered 2.00 Pool 3.30 Close

Thursday's Pick



Rab C Nesbitt, BBC2, 9.30pm Last week, a British TV legend returned to our screens. No, not David Attenborough, Michael Parkinson or some other venerable sort. Instead, it was Glasgow's favourite son, Glasgow's answer to the poet laureate himself — Rab C Nesbitt. Apart from a Christmas special which aired in 2008, it was the first appearance for him since the end of the eighth series in 1999. Clearly little has changed for Rab during his élost' decade; he's still wearing the same vest and bandage, still railing against the world and, of course, unless you happen to be from his neck of the woods, only

every third word he says is understandable. Nevertheless, it remains one of the most hilarious sitcoms on the box, so a big thumbs up to whoever came up with the idea of bringing him back. In this episode, Rab is distressed by the sight of a mobile phone mast in his neighbourhood, and while he wonders if it's damaging the health of himself and his friends, all they're concerned about is getting their hands on a nice, big fat compensation cheque. An ITV boffin tries to blind Rab with science, but he comes up with a masterplan the phone company surely cannot refuse. As ever, Gregor Fisher stars.

BBC1

6.00 Breakfast, (T) 9.15 Her Hunters, (T) 10.00 Wanted Under, (T) BBC News, Weather, (T) 11.00 Britain's Empty Homes, (T) 11.30 Cash in the Attic, (T) BBC News, Weather, (T) 12.15 Bargain Hunt, (T) 1.00 BBC News, Weather, (T) 1.30 Regional News, Weather, (T) 1.45 Doctors, (T) 2.15 Murder, She Wrote, (R) 3.00 BBC News, Weather, Regional News, (T) 3.05 CBeebies: Big & Small, (R) 3.15 The Big Bang Theory, (R) 3.25 CBBC: Tronji, (R) 3.50 Ooglies, (R) 4.05 Horrible Histories, (R) 4.35 Prank Patrol, (R) 4.50 Newsround, (T)

5.15 Weakest Link, Anne Robinson hosts the general knowledge quiz in which contestants answer questions as a team, banking the jackpot money and eliminating the poorest players until they go, (T)

6.00 BBC News, Weather, (T) 6.30 The Regional News Programmes, Weather, (T)

7.00 The One Show, Live topical show in which reporters uncover the UK's most fascinating stories, Adrian Chiles and Christine Bleakley present, (T)

7.30 A Question of Sport, With rugby union international Nick Easter, Olympic gold medal-winning athlete Kelly Holmes, England footballer Kelly Smith and former world superbike champion James Toseland, (T) BBC News: Regional News, (T)

8.00 EastEnders, Ronnie and Roxy find out where about they, but Glenda is upset about her son spending time with the Mitchells, Janine offers to care for Pat after the operation, (T)

8.30 QI, Stephen Fry hosts the quiz show with a difference, welcoming contestants Jo Brand, David Mitchell, Sean Lock and regular panellist Alan Davies, (T)

9.00 Silent Witness, Part two of two, Harry stays to help the paramedics tend Wendon, while Leo begins the preliminary post-mortem reports on the victims, discovering there could have been a second shooter involved in the incident, Elsewhere, Nikki is held at gunpoint by a student when she arrives back at the office - leaving Commander Somerville with the task of getting her out safely, Crime drama, starring Tom Ward, Elliott Tittensor and William Gaminara, (T)

10.00 BBC News, (T) 10.25 Regional News, Weather, (T) 10.35 Friday Night with Jonathan Ross, The host is joined by guests including award-winning actress Kim Cattrall, who discusses her role in the Sex and the City franchise, and the forthcoming second film adapted from the series. He also welcomes indie-rock band Editors, who released their third album In This Light and on This Evening in October 2009, (T)

11.35 The National Lottery EuroMillions Draw, OJ Borg presents the draw, (T) 11.45 FILM: The Hunted (2003), Action thriller, starring Tommy Lee Jones, (T) Weatherwise, (R) 1.15 Sign Zone: Rock & Chips, (R) 2.45 Sign Zone: Lark Rise to Candleford, (R) 3.45 Sign Zone: Great British Railway Journeys, (R) 4.15 BBC News, (T)

ITV1

5.30 ITV Morning News, (T) 6.00 GMTV, (T) 9.25 The Jeremy Kyle Show, (T) 10.30 This Morning, (T) 12.30 Loose Women, (T) 1.30 ITV News and Weather, (T) 1.55 London News and Weather, (T) 2.00 House of Gai, (T) 3.00 Dickinson's Real Deal, (R) 3.59 London Weather, (T) 4.00 A Touch of Frost, (R) 4.30

5.00 The Alan Titchmarsh Show, (T) 6.00 London Tonight, Weather, (T) 6.30 ITV News and Weather, (T) 7.00 Emmerdale, Maisie turns up at Tenant's and questions Faye, struggling to accept the fact that Ryan is her brother, and Victoria is left reeling when Hannah confides in her about being bullied, (T)

7.30 Coronation Street, Steve learns what Becky has been going through and races to make amends, George finally persuades Peter to consider sending Simon to private school, Sunita dashes Dev's hopes, and Sally prepares for her radiotherapy, Joe makes the apparently innocent suggestion to Gail that they go away for a few days, (T)

8.00 Dancing on Ice Friday, Ben Shepherd and Coleen Nolan go behind the scenes of Dancing on ice, talking to the judges and checking on the contestants' progress in rehearsal ahead of Sunday's show, The celebrity skaters and their partners reveal their worries and problems, while Jayne Torvill and Christopher Dean offer insight into the tough training schedules they are following, (T)

8.30 Coronation Street, Becky responds to Steve's apology with a stunning revelation, Joe is panic-stricken by Ted's plea for the repayment of his loan and speeds up his plans for a break with Gail, while Simon's excitement at the prospect of attending Oakhill prompts Peter to accept George's offer, but Ken is not impressed by the news, (T)

9.00 Popstar to Operastar, The remaining six singers hoping to make the grade as performers of opera songs learn new arias under the tutelage of Katherine Jenkins and Rolando Villazon. The two with the fewest public votes face panellists Meat Loaf and Laurence Llewellyn-Bowen to learn who is to be eliminated. Presented by Mylene Klass and Alan Titchmarsh, (T)

10.30 ITV News and Weather, (T) 11.00 London News and Weather, (T) 11.05 FILM: Top Gun (1986), Aerial action adventure, starring Tom Cruise, (T) ITV News Headlines, 1.05 Ladette to Lady, (R) 1.15 FILM: Balto 3: Wings of Change (2004), Animated adventure, with the voice of Sean Astin, (T) 3.20 ITV Nightscreen

6.00 CBeebies: Big Cook Little Cook, (R) 6.20 Clifford, (R) 6.35 Boal (R) 6.45 Louie, (R) 6.55 Pinig, (R) 7.00 CBBC: Tronji, 7.25 Newsround, (T) 7.30 Deadly 60, (R) 8.00 League of Super Evil, (R) 8.10 Street Monsters, (R) 8.15 Arthur, (R) 8.30 CBeebies: Wibbley Wobble, (R) 8.40 Get Squiggling, (R) 9.00 Louie, (R) 9.10 Finley the Fire Engine, (R) 9.25 Lunar Jim, (R) 9.35 Tommy Zoom, (R) 9.45 Our Planet, (R) 9.55 Telly Tales, (R) 10.10

6.00 The Hoobs, (R) 6.30 Big Brother's Little Brother, (T) 7.00 Celebrity Big Brother, (R) 7.15 Everybody Loves Raymond, (R) 7.30 The Contender, (R) 7.55 Will & Grace, (R) 8.25 Wogan's Perfect Recall, (R) 8.55 Deal or No Deal, (R) 10.00 According to Jim, (T) 11.05 ER, (R) 12.00 Channel 4 News Summary, (T) 12.05 The Kitchen Pharmacy, (R) 12.20 Private Snakes and Ladders, (R) 1.20 FILM: Leave Her to Heaven (1945), Melodrama, starring Gene Tierney, (T) 3.25 Countdown, (T) 4.10 Deal or No Deal, (T) 5.00 Wogan's Perfect Recall, (R) 5.30 Come Dine with Me, (T) 6.00 The Simpsons, (R) 6.30 Hollyoaks, (T) 7.00 Channel 4 News, (T) 7.30 Relocation: Phil Down Under, Ahome in the Dandenong Range, Melbourne, (T) 8.30 Celebrity Big Brother: The Final, (R) 8.45 The Restaurant, (R) 9.40 The Final Night in the house, interviewing the runners-up, they are evicted, (R) 9.30 Out of 10 Cats, Irrelevant panel show hosted by Jimmy Carr, in which two teams answer questions based on opinion polls to see who best understands what is going on in Britain today, (T) 10.05 Celebrity Big Brother: The Final, (R) 11.00 Alan Carr: Toothy Fairy Live, (R) 12.10 Music: Florence and the Machine: Video Exclusive, (T) 12.15 4Music: APlay: Marina and the Diamonds, (T) 12.30 FILM: Bad Lieutenant (1992), Crime drama, starring Harvey Keitel, (T) 2.15 The Dead Zone, (R) 3.00 Ocean Race, (R) 3.50 Beach Volleyball, (T) 4.45 Rat Race Urban Adventure, (R) 5.15 Countdown, (R) 5.15

C4

6.05 The Hoobs, (R) 6.30 Big Brother's Little Brother, (T) 7.00 Celebrity Big Brother, (R) 7.15 Everybody Loves Raymond, (R) 7.30 The Contender, (R) 7.55 Will & Grace, (R) 8.25 Wogan's Perfect Recall, (R) 8.55 Deal or No Deal, (R) 10.00 According to Jim, (T) 11.05 ER, (R) 12.00 Channel 4 News Summary, (T) 12.05 The Kitchen Pharmacy, (R) 12.20 Private Snakes and Ladders, (R) 1.20 FILM: Leave Her to Heaven (1945), Melodrama, starring Gene Tierney, (T) 3.25 Countdown, (T) 4.10 Deal or No Deal, (T) 5.00 Wogan's Perfect Recall, (R) 5.30 Come Dine with Me, (T) 6.00 The Simpsons, (R) 6.30 Hollyoaks, (T) 7.00 Channel 4 News, (T) 7.30 Relocation: Phil Down Under, Ahome in the Dandenong Range, Melbourne, (T) 8.30 Celebrity Big Brother: The Final, (R) 8.45 The Restaurant, (R) 9.40 The Final Night in the house, interviewing the runners-up, they are evicted, (R) 9.30 Out of 10 Cats, Irrelevant panel show hosted by Jimmy Carr, in which two teams answer questions based on opinion polls to see who best understands what is going on in Britain today, (T) 10.05 Celebrity Big Brother: The Final, (R) 11.00 Alan Carr: Toothy Fairy Live, (R) 12.10 Music: Florence and the Machine: Video Exclusive, (T) 12.15 4Music: APlay: Marina and the Diamonds, (T) 12.30 FILM: Bad Lieutenant (1992), Crime drama, starring Harvey Keitel, (T) 2.15 The Dead Zone, (R) 3.00 Ocean Race, (R) 3.50 Beach Volleyball, (T) 4.45 Rat Race Urban Adventure, (R) 5.15 Countdown, (R) 5.15

FIVE

6.00 Milkshake! Pooyo, (R) 6.05 Fireman Sam, (R) 6.20 The Beeps, (R) 6.30 The Adventure of Bottle Top Bill and his Best Friend Corky, (R) 6.45 Family! (R) 6.50 Peppa Pig, (R) 7.00 Peppa Pig, (R) 7.05 Little Princess, (R) 7.25 The Mr Men Show, (R) 7.35 Roary the Racing Car, (R) 7.50 Noddy in Toyland, (R) 8.05 Fill and the Flowercots, (R) 8.20 Peppa Pig, (R) 8.25 Thomas & Friends, (R) 8.40 The WotWots, (R) 8.50 Funky Valley, (R) 8.55 Rupert Bear, (R) 9.05 Milkshake! Music Box, (R) 9.15 The Wright Stuff, (T) 10.45 Trisha Goddard, (R) 11.45 Michaela's Animal Road Trip, (R) 12.40 Five News, (T) 12.45 Megastructures: Built from Disaster, (R) 1.45 Neighbours, (T) 2.15 Home and Away, (T) 2.50 I Own Britain's Best Home, (R) 3.05 FILM: More Sex and the Single Man (2005), Drama sequel, starring Gail O'Grady, 5.00 Five News, Weather, (T) 5.30 Neighbours, (R) 6.00 Home and Away, (R) 6.25 Live from Studio Five, (T) 7.30 Celebrity Outliers, The famous faces of the nation face to face, discussing how they coped during the show, and two weeks later reveal whether they have managed to stay off cigarettes, Last in the series; (T) 7.30 Five News Update, (T) 8.00 Monster Python: Austin

Stevens' Adventures, The African rock python; (T) 8.00 Five News at 9, 9.00 FILM: The Hard Corps (2006), A war veteran is hired to protect a former boxer from a vengeful gangster. Action adventure, starring Jean-Claude Van Damme and Vivica A. Fox, (T) 11.15 Paul Merton in Europe, (R) 12.15 SuperCano, 4.00 Motorsport Mundial, 4.30 Wildlife SOS, (R) 4.55 Country Secrets, (R) 5.10 Neighbours, (R) 5.35 Home and Away, (R) 5.45

Best of the Rest

BBC3 7.00 Top Gear 8.10 Doctor Who 9.00 Being Human 10.00 EastEnders 10.30 EastEnders' Greatest Cliffhangers 11.30 Family Guy 11.50 Family Guy 12.15 Coming of Age 12.45 Two Pints of Lager and a Packet of Crisps 1.15 Two Pints of Lager and a Packet of Crisps 1.45 Being Human 2.45 EastEnders' Greatest Cliffhangers 3.45 Coming of Age 4.15 Two Pints of Lager and a Packet of Crisps 4.45 Two Pints of Lager and a Packet of Crisps 5.15 Greed Uncovered 5.30 Close

BBC4 7.00 World News Today 7.00 Weather 7.30 Jean Seabird - Part Two: Maturity and Silence 8.00 Sight and Sound: Concert, Santana 9.00 Latin Music USA 10.30 The Big 3 Palladium Orchestra at the Barbican 11.00 Carmen Miranda - Beneath the Tutti-Frutti Hat 12.00 Nerdstock: 9 Lessons and Carols for Godless People 1.15 Latin Music USA 2.15 The Big 3 Palladium Orchestra at the Barbican 3.15 Carmen Miranda - Beneath the Tutti-Frutti Hat 4.15 Close

ITV2 1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Loose Women 4.40 Judge Judy 5.05 Dancing on Ice 7.30 Dancing on Ice: The Skate Off 8.00 Grimefighters 8.30 Grimefighters 9.00 Film: Shaun of the Dead 1.5 (2004) 11.05 Film: Two Weeks Notice 12 (2002) 1.05 Coronation Street 1.35 Coronation Street 2.00 Emmerdale 2.25 Teleshopping 5.25 ITV2 Nightscreen 5.50 ITV2 Nightscreen

Sky1 1.00 Oops TV 1.30 The Simpsons 2.00 Angela and Friends 3.30 Lost 4.30 Lion Man 5.00 Malcolm in the Middle 5.30 Futurama 6.00 Oops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 Got to Dance 9.00 Fat Families 10.00 Road Wars 11.00 Football's Next Star 12.00 Road Wars 1.00 Night Cops 1.50 Road Wars 2.40 Don't Forget the Lyrics 3.30 Street Wars 4.20 Battlerace Galactica 5.10 Are You Smarter Than a 10 Year Old?

GOLD 1.00 After You've Gone 1.40 After You've Gone 2.20 Only Fools and Horses 3.40 As Time Goes By 4.20 As Time Goes By 5.00 Last of the Summer Wine 5.40 Last of the Summer Wine 6.20 After You've Gone 7.00 After You've Gone 7.40 Only Fools and Horses 8.20 Only Fools and Horses 9.00 The Royle Family 9.40 The Royle Family 11.00 Harry Enfield 11.55 Harry & Paul 12.25 The Royle Family 1.15 The Royle Family 2.25 Harry & Paul 3.00 Close

TCM 1.00 Executive Action PG (1973) 3.00 Trouble Along the Way U (1953) 5.10 Support Your Local Gunfighter U (1971) 6.35 The Russians Are Coming! The Russians Are Coming! U (1966) 9.00 The Handmaid's Tale 1.8 (1990) 11.05 Pet Sematary 1.8 (1989) 1.05 The Handmaid's Tale 1.8 (1990) 3.00 Teleshopping 5.00 Executive Action PG (1973)

The Disney Channel Kids programmes from 7am, except 6.25 Film: The Princess Diaries U (2001) Family comedy, starring Anne Hathaway, 9.00 Film: Stuck in the Suburbs PG (2004) Family comedy, starring Danielle Panabaker.

MOVIES

Sky Movies Drama

6.50 Legal Eagles PG (1986) 8.50 Stolen Youth 12 (1996) 10.20 Guilty as Sin 1.5 (1993) 12.10 Cradle Will Rock 1.5 (1999) 10.15 Hank Azaria.

Premier League Preview 4.30 Football League Weekend 5.30 Premier League Preview

Sky Sports 2

6.00 Good Morning Sports Fans 8.00 Live European Tour Golf, The Qatar Masters, 10.00 Premier League World 10.30 The Rugby Club 11.30 Surfing 12.00 Live European Tour Golf, The Qatar Masters, 2.00 ATP Tour Uncovered 2.30 The Rugby Club 3.30 Transworld Sport 4.30 NFL: Total Access 5.30 World Sport 6.00 Snow Ride 6.30 European Tour Golf 6.00 Live PGA Tour Golf, The San Diego Open, 11.00 European Tour Golf 12.30 Football League Weekend 1.30 NFL: Total Access 2.30 Premier League Preview 3.00 Tight Lines 4.00 Super League 5.30 Center Barber

Sky Sports 3

6.00 Aerobics Oz Style 6.30 Snow Ride 7.00 WWE: Raw 9.00 WWE Special 10.30 The Dogs World 11.00 Racing News 11.30 The Dogs 12.00 Transworld Sport 1.00 Race World 2.00 Snow Ride 2.30 Tracking Euro 3.00 WWE: Raw 5.00 Pool 6.00 WWE Special 7.00 Title Lines 8.00 Pool 9.00 Powerboating 10.00 WWE: Late Night - Smackdown 12.00 WWE: Late Night - Bottom Line 1.00 PGA Tour Golf 4.00 Elite League Ice Hockey

British Eurosport

7.30 Game, Set and Mats 8.00 Live Australian Open Tennis, The second men's semi-final, 11.15 euroCRASH! 11.30 Live Alpine Skiing, The World Cup meeting from Kranjska Gora in Slovenia, 12.30 Alpine Skiing 1.15 Live Ski Jumping, The World Cup qualifying session from Oberstdorf in Germany, 2.00 Live Snooker: The Welsh Open, The first two quarter-finals at the Newport Centre, 4.00 Eurogals: One to One 4.15 Africa Cup of Nations 5.30 Game, Set and Mats 5.55 Justine Henin Special 6.00 Eurogals Flash 6.10 Africa Cup of Nations 6.25 Ski Jumping 7.00 Live Snooker: The Welsh Open, Further coverage of the quarter-finals, 10.00 POKER 11.00 Eurogals: One to One 11.15 Yoz Magazine 11.40 Justine Henin Special 11.45 Game, Set and Mats 12.15 Africa Cup of Nations 12.30 Close

Sky Sports 4

3.30 The Dogs 4.00 Snow Ride 4.30 Aerobics Oz Style 5.00 Center Barber 5.30 Elite League Ice Hockey 7.30 International Cricket 9.30 Live ICC Under-19s World Cup Cricket, The final in Lincoln, New Zealand, 5.30 Snow Ride

Friday's Pick



Celebrity Big Brother: The Final, CH4, 8.30pm So there you have it, folks — the seventh and final series of Celebrity Big Brother comes to an end tonight with everyone eagerly awaiting the results of tonight's public vote. Diehard fans were crying into their TV dinners when it was announced that this year's celebrity version would be the last, while the summer's non-celeb-

rity series would draw a curtain on what has been one of the most successful television franchises in television history. CBB bosses decided that, for the final ever series, no expense would be spared as they threw a heck of a lot of money at stars like Winnie Jones, Stephen Baldwin, Sisco and, erm, Dame Bowers to make the CBB swansong as memorable as possible. There have been, intertextually, many entertaining moments throughout this series to ensure the pioneering reality show goes out in style and ensures viewers look ahead to the final non-celebrity extravaganza with fresh enthusiasm. Davina McCall will definitely be sorry to see the show go, and not because its cancellation will leave a rather large dent in her pay packet either. The 42-year-old presenter is a self-confessed Big Brother fan and will not know what to do once the cameras stop rolling tonight. But, being a model professional, Davina will not let emotion get the better



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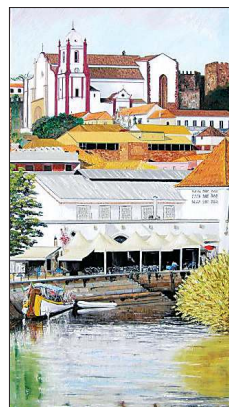
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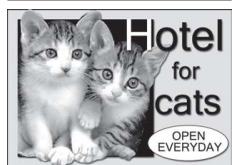
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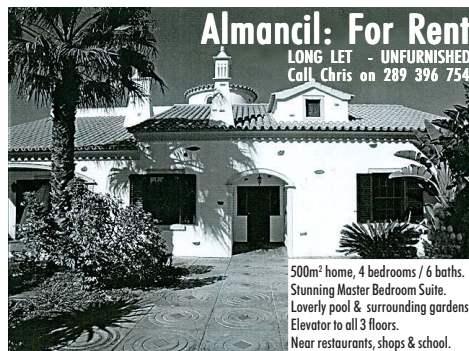
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**RIVERSIDE INTERNATIONAL CHURCH** Office: Rua São José 178, 1.º, Fontainhas, 2750-134 Cascais. Phone: 21 483 6590. Fax: 21 483 6592. Church: ABLA (next to Riviera Hotel), Praceta Infante D. Henrique, N.º 80, Quinta do Junqueiro, 2775-584 Carcavelos. We are an interdenominational Christ-centered, contemporary, caring & culturally relevant church meeting at ABLA in Carcavelos each Sunday at 10:30 in English and 18:00 in Portuguese. Creche, children and youth ministries provided.

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**ST GEORGE'S CHURCH, LISBON** (Church of England). Rua S. Jorge. Enter through British Cemetery gate opposite Jardim da Estrela. Sunday School. Service 11.30 am every Sunday. Tel: 21 4692303.

**ST PAUL'S CHURCH, ESTORIL** (Church of England). Av. Bombeiros Voluntários 59 (behind Hotel Sana Estoril). Sunday School. Service 9.30 am every Sunday. Tel: 21 4692303.

**ST. MARY'S, S. PEDRO DO ESTORIL** 368 Rua do Murtal, Mass each Sunday and Holyday 10.15am Tel. 21 467 3771

**ST. ANDREW'S CHURCH OF SCOTLAND (PRESBYTERIAN)** Rua Ariaga, 13, Lisbon: Sun. 11.00. Minister's Tel: 214 837 885. [www.standrewslisbon.com.sapo.pt](http://www.standrewslisbon.com.sapo.pt)

**CASCAIS INTERNATIONAL CHRISTIAN CHURCH** Av. de Sintra, N.º 1154, Cascais (Tel: 21 486 1856). Sunday English worship 10.30 Portuguese at 17.30. An international evangelical fellowship, nursery provided, children's church programme, mid-week bible studies.

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Rua Capitão Roby, Picheleira, Lisbon (21 805708).

**LISBON SYNAGOGUE:** Rua Alexandre Herculano 59, Tel 213 931 130 Fax 213 884 304 e-mail: celesboa@mail.telepac.pt

**IGREJA BATISTA** de Queijas (close to Cascais) Rua Carlos Santos 88, Queijas Near the Olympic Stadium off the A5. Tel: 214 172 087. Sunday Service: English 10:15 / Portuguese 12:00 Prayer and Bible Study: Thursday 8pm Traditional Baptist Service in English followed by Sunday School.

**JEHOVAH'S WITNESSES** - Public Talk in English. Rua João de Deus, 76. Sintra. (Behind Sintra train station). Sunday 1.30pm. Tel: 214 690 600. No collection. Also Rua da Barroca, 122 (Bairro Alto), Lisbon, Sunday 11am. Tel: 213 421 604. (Chinese: Saturday 3pm) No collection.

### The Algarve

**ALL SAINTS ANGLICAN CHURCH, ALGARVE** (Member of the Worldwide Anglican Communion) Holy Communion every Sunday for all the family. **Almancil** 10.30am with Adventurers (Sunday School with a difference) and Creche at Almancil Community Centre (ASCA). Lagoa 6pm at Lagoa Convent Chapel. Maps and further information at [www.allsaintsalgarve.org](http://www.allsaintsalgarve.org) or 282 380 311.

**ST VINCENT'S ANGLICAN CHURCH** part of the Church of England, Diocese in Europe & Anglican Communion. Services every Sunday in our three congregations: 9.30am Igreja N Sra de Fatima, N125 between Quatro Estradas & Almancil, 916879430. 11.30am St Luke's, Górgos (near Sta Barbara), 917267948. 8.00am & 12noon Igreja N Sra da Luz, Praia da Luz, near Lagos + Sunday School, 918824584. [www.stvincentsalgarve.org](http://www.stvincentsalgarve.org)

**THE SALVATION ARMY** in São Brás de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Brás de Alportel, Rua 25 de Abril, n.º 19 (next to the Market).

**INTERNATIONAL CHRISTIAN FELLOWSHIP** International Christian Fellowship in Portimão. Sundays at 11am. \* Sunday School for Children in English & Portuguese \* Avda 25 de abril 17 / c-D, Portimão \* opposite public swimming pool (piscina municipal) \* Tel 282 461 985. Mid-week Bible study to Thursday at 11am in The Bridge. (Cedipra shopping centre no.23) Website: [www.coaa.co.uk/cifc.htm](http://www.coaa.co.uk/cifc.htm).

**INTERNATIONAL COMMUNITY CHURCH** in Lagos invites you to attend its services in English on Sundays at 10.00am. Sunday School for children. 5 Travessa de Santo Amaro,

Lagos, Tel. 282-086804 or 282-697546, [www.icc-lagos.org](http://www.icc-lagos.org).

**THE EVANGELICAL BAPTIST CHURCH** of Lagos: invite you join us in our English language Service at 6pm, every Sunday. Find us at - Urb. Villa Praia da Ana, Lote 11b. Lagos (Nr. Hotel Golfinho) For more information, please contact Jack MacLeod on 282 768 088, Mob. 964914188

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(Next door to the University). Sunday 10.30am. School Thursday 7.30pm Tel: 282 485 495. (Chinese: Saturday 4pm) No collection. ALSO Sítio de Logoa, Edifício Space Beautiful, Av 25 April. Ferreira Albufera. (Sunday 10am. School Wednesday 7.45pm Tel: 282 339 372.

### Oporto

**GREATER GRACE INTERNATIONAL FELLOWSHIP** has contemporary Christian gatherings on Sunday afternoons at 3rd Baptist Church, Rua Estacao 133, Porto, & Saturday evenings on the 1st floor at Confeitaria Palacio, Porto (across from the "Emergency" entrance of Hospital Santo Antonio); for meeting times, details and updated schedule visit [www.NovaAurora.com](http://www.NovaAurora.com), call 220 994 785 or send an SMS to 917 112 736.

**RIVERSIDE PORTO INTERNATIONAL CHURCH - Oporto.** A church that is fun and enriching; Bible based and relevant. Caring, supportive and international. Interdenominational meetings from 6pm Sundays at 1642 Avenida Sacadura Cabral, Aguda, VNG, between Aguda railway station and Miramar golf course. Call Tina or Bill Mason on 227 627 643 or 914 949 611 contact@riversideporto.com or [www.riversideporto.com](http://www.riversideporto.com)

**ST. JAMES'S CHURCH, ANGLICAN CHAPLAINCY OF OPORTO.** Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain (22) 609 1006. [www.stjamesoport.com](http://www.stjamesoport.com)

**THE SALVATION ARMY OPORTO** Pereiro Corps (Av. Vasco da Gama No: 675-2 E Ramalde), Service 10am, Salvation Meeting 5.00pm. Coloras Corps. (Av. dos Bombeiros Voluntários Tel: 22 929 1077) Sun. 10am. Thurs 4.00pm Ladies Home League Meeting.

**JEHOVAH'S WITNESSES** - Public Talk in English. Praça Don Afonso V, 168. Sunday 10.30am. Tel: 226 160 976. No collection.

### Caldas da Rainha

**ANGELICAN EVENING WORSHIP IN ENGLISH.** On the **SECOND Sunday of each month**, 6.00pm in the Evangelical Baptist Church, Rua Dr. José Saudade e Silva 27/29, between Caldas da Rainha railway station and Pingo Doce. NB now **Second Sunday monthly**. For details please phone 262 881 393.

**JEHOVAH'S WITNESSES** - Public Talk in English. Rua Adelino Amaro da Costa, next to CERPIC, 2520 Peniche, Obidos. Sunday 11am (1st & 2nd Sunday of the month). No collection.

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### Mrs. Margaret Helen Lees Thomas

The family of Margaret Thomas wishes to announce her death and that her funeral was held on Thursday, 21<sup>st</sup> January at Lagoa's Misericórdia Church.

Having been unable to do so personally for lack of contact details, the family also wishes to express thanks and recognition to all who attended the funeral, along with those who accompanied Margaret to her final resting place and to those who expressed their condolences.

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# “Inevitable” two-degree rise in temperature will displace millions - Portuguese climate expert



A leading national climate expert has warned that millions of people could become refugees as the result of an inevitable, global two-degree rise in temperatures that will cause melting ice plains and extreme floods.

Climate specialist Filipe Duarte Santos believes this is an impending scenario justifying his beliefs by the fact that overall temperatures have risen in comparison to the pre-industrial era, and that many countries have not yet reached their peaks in emissions.

“What we cannot say is that we will not surpass the two-degree centigrade increase in temperature, which has been established as the safety barrier after which irreversible consequences can occur”, he explained.

Those consequences, should they occur, are predicted to take effect in several areas, particularly on the cryosphere (portions of the Earth’s surface where water is in solid form, including sea ice, lake ice, river ice, snow cover, glaciers, ice caps and ice sheets, and frozen ground (which includes permafrost). A worst-case scenario example of global warming on the cryosphere is

Greenland, where the ice is melting at a rate of 239 cubic kilometres per year, affecting ice-capped mountains which in height equal the distance between Setúbal and Coimbra. Filipe Santos added, “This amount will augment and start to erode in an almost irreversible manner”.

Portuguese researcher Gonçalo Vieira, a specialist in ice, also underlined “the state of climatic imbalance”.

“The problem isn’t just the quantity that is being lost, but the speed at which the ice is flowing”, he said.

Filipe Duarte Santos explained how it is the fusion of the melting ice from Greenland with other mountain glaciers that most contribute towards rising sea levels, which in some cases could rise as much as one metre, causing irreparable damage to populations and the land in low-lying coastal areas.

“In Bangladesh there are six million people living on a stretch of coast where the maximum altitude is one metre. Those people must leave or become climatic refugees”, he warned, reminding that there are already areas across the globe that have flooded, as along the Nile.

In Portugal the situation is not, as yet, a threat, though there are already erosion problems affecting the Tagus estuary, the Sado, the Ria Formosa and the Ria de Aveiro.

Other effects that climate change is having on this country include a change in the pattern of allergies and respiratory problems.

**Photo left: A woman in Vila Boim splashes her face in a fountain during a heat wave in July 2006 when temperatures soared to 40 degrees. (Photo: Lusa / Nuno Veiga)**

## “Portugal an example for renewable energies”

Portugal’s successful bet on renewable energies is something for Portuguese to be proud of and also gives hope for other countries working to combat climate change, a former Lisbon minister said in Spain late last week.

Manuel Pinho, Portugal’s economy minister up until last year, told the Lusa News Agency on the sidelines of an EU ministerial meeting in Seville, that Lisbon’s successful adoption of a renewable energy strategy is being increasingly recognised at international level.

Portugal produced the second biggest amount of power from clean sources on December 26 with over 70% of power coming from hydro, wind and solar generating stations, Manuel Pinho noted.

He also told Lusa he believes investment in the clean energy sector in Europe should be primarily private-sector driven, particularly due to budget constraints being faced by many governments.

TPN/Lusa

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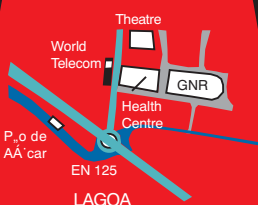
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# Vila Sol hosts first Wedding Fair



A wedding at Vila Sol



Vila Sol Algarve Renaissance, SPA & Golf Resort is next weekend (January 30th and 31st) hosting its first ever Wedding Fair, aimed at couples looking for inspiration, ideas or help in planning their big day.

With years of expertise in organizing dream events Vila Sol is now opening its doors to share its experience with all.

Entry to the fair is free, open Saturday 30<sup>th</sup>, 15h00 to 23h00, and Sunday 31<sup>st</sup>, from 11h00 to 21h00.

At the event visitors will find everything from florist services to types of rings, bridal dresses, decorations, make up, hairdressers, chauffeur services, and much more. A prize draw for a luxury, seven-night honeymoon at the

Hotel Marriott in Cancun is also being held.

Furthermore, Vila Sol is showcasing its facilities for hosting a dream wedding, including a 350-person ballroom with views over a lake; a lovely orange-tree studded outdoor patio for 450 people, the acclaimed L'Olive restaurant, in-house catering options, and much more.

For more information, contact: groups.vilasol@renaissancehotels.com, tel: 289 320 359, or fax: 289 320 431.

## England fan fails to avoid Portugal extradition

England football fan Gary Mann had his appeal turned down this week against extradition to Portugal to serve a two-year jail term for involvement during the Euro 2004 football tournament, officials said.

The UK Court of Appeal rejected a plea by Mann against his extradition to Portugal. The 51-year-old former fire-fighter was given a two-year sentence for his part in football-related disturbances in Portugal's Algarve resort of

Albufeira in 2004.

He was quickly deported to the UK where he was not obliged to serve his jail term.

Mann's legal team have a fortnight to appeal to the European Court or make a further appeal in the British courts. *TPN/Lusa*

## Goodbye Harry

Harry Warner died on the evening of 17<sup>th</sup> January with his beloved wife Esme holding his hand. During his prolonged and sometimes painful illness Harry and Esme fought a tenacious battle to keep him with us, but now he finally rests in the peaceful arms of the Lord.

Harry will be missed by so many. Over his long life of 87 years he has done more than most people would do with 10 lifetimes. Harry may not have been a real knight of the realm but he certainly deserved to be and he looked the part. With his tall slender good looks and his handlebar moustache he was every inch the perfect gentleman and we loved him dearly.

I met him in the early 60's when he and Esme first moved to the Algarve and opened the now famous Sir Harry's Bar in the main square of Albufeira. Stars of stage and screen streamed through Harry's door along with the ordinary and

unusual characters that were all attracted to the personality of this warm and charming man.

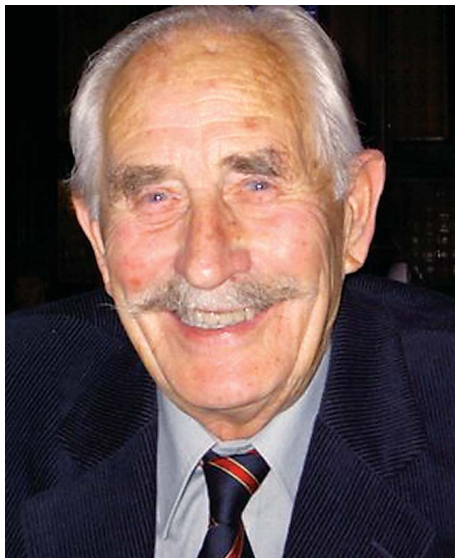
No charity was refused his help – he raised vast sums of money as an irresistible auctioneer, MC for variety shows and dinner parties. And then there was the work he and his wife did with Riding for the Disabled that has changed so many lives.

The list of Harry's achievements is too long to record, but I know The Royal British Legion for whom he did so much will miss him especially.

The last time I saw Harry was in the chemotherapy department of Faro Hospital, he was waiting to see the doctor – and me, still bald with a scarf covering my head at the end of my chemo, we laughed and cheered each other up.

I'll miss the emails, the jokes and 'latest on Harry' health bulletins by Esme – what else can I say.

*Jenny Grainer*



# Algarve's €30m job bail-out



One of the country's hardest hit regions by spiralling unemployment was this week given a lifeline by the Government, though questions remain whether it will be sufficient to recover thousands of lost jobs or merely ensure those who have not lost their jobs are able to hold on to them.

Unemployment amongst the thousands of seasonal workers in one of Europe's favourite summer destinations more than doubled last year, latest figures show, leaving job centres across the Algarve struggling to cope with hundreds of new dole claims each day.

In a bid to curb mounting dole queues in southern Portugal, the Minister for Labour and Welfare this week travelled to Albufeira to unveil details of an ambitious €30 million plan to recover 20,000 jobs lost the past 18 months.

Minister Helena André, during a fleeting visit to three cities in the region, explained that the Government is also looking to boost training amongst tourism workers in an attempt to guarantee their employability outside the holiday season, which traditionally stretches from March to October each year.

The recently appointed cabinet minister failed to reveal de-

tails of the cash injection for the region, but stressed that the Algarve "will be one of the biggest beneficiaries" in the Government's plans to create and recuperate jobs over the coming year.

Immigrants, who flocked to the Algarve in the late 1990s and the beginning of the decade, were this week found to have been the hardest hit by growing unemployment in the region.

According to latest figures supplied by the IIEFP employment institute, the number of foreigners registered with them climbed by 50.5 percent last year in relation to 2008, with almost 37,000 immigrants now seeking work having lost their previous jobs.

At current rates, about one thousand foreign citizens are now reported to be losing their jobs each month, with more than a third of these not entitled to any social security support.

According to the IIEFP, Brazilians top the list of foreign workers looking for employment (10,395 in total), followed by citizens from the Ukraine with 5,461, followed by Cape Verde (3,813), Angola (3,520) and Guinea-Bissau (2,161).

But on a more positive front, a deeper look into jobless figures reveals that the number of unemployed registering at job centres across the country has recorded its first month-on-month drop for more than a year.

At the beginning of last year, the number of unemployed seeking a job was rising by around 40 percent each month, with this figure having fallen to a negative 0.2 percent in December in relation to November.

Overall, 2009 was a bleak year for unemployment, with the total of jobless rising by 108,000 from a total of 416,000 in December 2008 to 524,000 a year later.

The most pessimistic outlook, forwarded by opposition parties, is projecting that a further 75,000 people will lose their jobs in 2010, while non-governmental agencies are stating that should the current trend be maintained, the number of unemployed will reach 550,000 during the course of this year.



## What if? Make sure your loved ones don't have to cope alone

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# Benfica and Braga extend their lead

The top two of the Liga Sagres have once again extended their lead as close followers FC Porto only managed a last minute draw against Paços de Ferreira on Saturday. Having been neck and neck since the 12<sup>th</sup> round, Benfica and Braga are now six points clear of FC Porto and twelve ahead of Sporting.

FC Porto was the first of the top four to play the sixteenth round of the Liga Sagres last weekend, against Paços de Ferreira. Having beaten their opposition ten out of eleven times in the past, and drawn the other, FC Porto seemed set to win their match at home and keep pressure on the leaders. The first half was a demonstration of the 'Blues' superiority, both tactically and physically, but they were unable to score, despite numerous chances.

A missed opportunity by Falcão half way through the second half was answered by a goal from Paços de Ferreira ten minutes later, thanks to a calm and

collected Maykon, who slipped the ball past Helton. The shock goal woke FC Porto up, and Falcão managed to score the equaliser in the final minutes of the match, which was contested by some of the Paços de Ferreira players who believed (correctly) the Colombian handled the ball. Bruno Alves almost scored the victory goal in the final play of the match, but Cássio denied FC Porto the pleasure of a last-minute victory and the match ended with a stalemate.

Sporting won their fifth consecutive game under the management of newly appointed Carvalho, having beaten Nacional, who were on equal points coming into the match, in a fiery game which ended 3-2 in favour of the 'Lions'.

The revelation of the encounter was Liedson, who returned to the pitch as a sub only 26 days after a knee operation, and scored two crucial goals in less than half an hour. Nacional managed to score at their first real opportunity, despite being outplayed by Sporting in the first twenty min-

utes. Veloso answered back less than one minute later with a thunderous shot from outside the box flying past the keeper. Liedson came on with half an hour remaining and scored his first after only two minutes on the pitch. His second arrived ten minutes later and the 'Lions' were two goals ahead with twenty minutes to spare thanks to the inspirational striker. Edgar Silva scored Nacional's second and the full time whistle ended the match at 3-2.

On Sunday, outstanding team of the season Sporting de Braga continued their success by beating Académica 2-0, goals originating from a penalty kick, highly contested by Académica players and fans, and from a free kick minutes from the final whistle, when Académica was one player down.

Benfica showed absolute supremacy in their match against Marítimo on Sunday night, beating the Madeira team by five goals to nil.

Saviola scored the first at the half hour mark, much to Peçanha's disappointment as he made three consecutive amazing saves before Cardozo crossed the ball to the far post, where it met 'El Conejo's' head and sailed into



New Benfica player, Eder Luis, with Fábio Coentrão during the match on 13 January. (Photo: Lusa / Hugo Delgado)

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## Portugal chooses Highveld hotel for World Cup

The Portuguese national football squad will be residing at the Valley Lodge during the 2010 South Africa World Cup Finals, a hotel completely surrounded by a natural reserve and which is a 45 minute trip from the airport from where they will be flying to their first stage matches.

The Valley Lodge Hotel is situated on the shores of the Magalies River, in the province of Gauteng, where the cities of Johannesburg and Tshwane (Pretoria) are also located. It has 76 rooms and suites, eight conference rooms, a fully equipped gym, a chapel, a library and

plenty of outdoor space.

Portugal have chosen to be based at altitude, despite playing all of their three group matches at sea level. However, should Portugal make it through to the knock-out phases, they are likely to play at altitude which could give them the edge over teams which have not yet acclimatised to the thinner air of the Highveld.

Taking place between June 11<sup>th</sup> and July 11<sup>th</sup>, Portugal is in Group G of the South Africa World Cup Finals, together with Brazil, Ivory Coast and North Korea.

the back of the net.

Two minutes later, Marítimo's Olberdam was shown a direct red card for cursing at the referee. Benfica's numerical advantage was clear and the second goal did not take long to arrive as Di Maria made a great individual effort and provided an assist for Maxi Pereira, who touched the ball past the keeper.

Robson was Marítimo's second casualty in the beginning of the second half, having stopped the ball with his hand inside his own box, a cleared-card and Marítimo were down to nine players. Cardozo scored the resulting penalty. An own goal and another header by Luisão ended the match with an emphatic 5-0 victory over Marítimo.

### SUPERLEAGUE FIXTURES WEEK 17

MATCH	DATE	TIME	TV
Braga-Sporting	Friday	20h45	RTP1
Naval-Belenenses	Saturday	16h00	
Leiria-Olhansense	Saturday	16h00	
Nacional-FC Porto	Saturday	17h00	SportTV1
Benfica-Guimarães	Saturday	19h15	SportTV1
V.Setúbal-Rio Ave	Sunday	16h00	
P.Ferreira-Académica	Sunday	18h00	SportTV1
Leixões-Marítimo	Monday	20h15	SportTV1

FROM THIS



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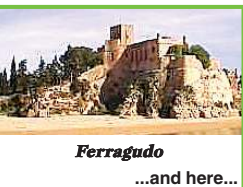
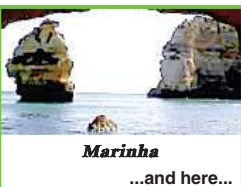
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